
Crossfit Level 1 Test Questions & Verified Answers

1. (T/F) While there is a single definition for CrossFit, a conversational explanation may work best prior to an athlete's first exposure.

ANS True

2. Clearly defining CrossFit as constantly varied functional movement executed at high intensity allows us to

ANS 1) dispel any myths or misconceptions about the program.

2) use the program to effectively train ourselves.

3) use the program to effectively train others.

3. The foundation of any fitness program is

ANS the movements it includes on a regular basis.

4. KEY POINTS DESCRIBING FUNCTIONAL MOVEMENTS

ANS 1) Functional move-

Crossfit Level 1 Test Study Guide

J Dewey



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