

1 OVERVIEW

1.1 ABOUT CROSSFIT

CrossFit is an open source, international business dedicated to the improvement of human health and athletic performance. CrossFit's foundation is a precise definition of fitness that can be measured, observed, and repeated. CrossFit is a real world, functional fitness program that has a unique capacity to humble the world's best athletes while at the same time remaining universally scalable to facilitate development at all ability levels. Through extensive practical application, study, and observation, CrossFit determined long ago that the needs of various populations differed in degree, not in kind. When exposed to CrossFit's prescription for training elite athletes (constantly varied, high-intensity functional exercise), athletes of all ages and ability levels reap the benefits of improved work capacity across broad time and modal domains. This measurable and repeatable improvement in health and performance led to the adoption of CrossFit as the principal strength and conditioning program for many law enforcement and military units worldwide. CrossFit's open source nature and commitment to measurable results ensure the constant evolution of the program as better methods are discovered and validated.

CrossFit has several operating divisions. CrossFit.com and its associated website offer extensive instruction and education on human movement, along with specific techniques, strategies, and workouts for both athletes and trainers. The *CrossFit Journal* is updated daily and is the world's leading resource for original written material and video instruction on athletic development. In addition, CrossFit is the world's leading provider of performance based training seminars and certifications. The CrossFit Games format is the "Sport of Fitness" and grows its champions the World's Fittest Man and Woman. The CrossFit Affiliate program licenses the CrossFit trademark to qualified trainers for commercial purposes. Each of these divisions contributes directly to building and supporting a community of genuine fitness practitioners.

1.2 MISSION

The mission of the CrossFit Certification and Training Department is to establish and support an international community of authentic fitness practitioners through open source publication, education, and accredited certification and certificate programs.

1.3 LEVEL 1 TRAINER CERTIFICATE SCOPE

The CrossFit Level 1 Trainer Certificate Course is a two-day introductory course on methodology, concepts, and movements.

The course includes classroom instruction on CrossFit's concepts and methodology, CrossFit's foundational movements, programming to optimize training results, and nutrition strategies to support fitness.

Practicals include small group training sessions where students are instructed in CrossFit's foundational movements under low intensity with a focus on improving technique. Students have their movement observed and corrected, and engage in dialogue concerning effective correction techniques.

Large, group CrossFit workouts are conducted as an example of bringing it all together, establishing an example of how to conduct a class and how to hold a standard of proper technique under high intensity and scaling for any ability level.

Crossfit Instruction Manual

Markus A. Kassel



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