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The template encourages new skill development, generates unique stressors, crosses modes, incorporates quality movements and hits all three metabolic pathways. It does this within a framework of sets and reps and a cast of exercises that CrossFit has repeatedly tested and proven effective.

Article - CrossFit: Forging Elite Fitness

be repeated in a lifetime of CrossFit workouts. The template is engineered to allow for a wide and constantly varied stimulus, randomized within some parameters, but still true to the aims and purposes of CrossFit as described in the "What is Fitness?" issue. Our template contains

sufficient structure to formalize

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sessions. The rest days
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A workout journal
seems to be optional
for a lot of people in
the fitness community.
This is surprising to me
since everyone has
some sort of goal but
they don't really know
where they are going
or where they have
been. A journal should
not be optional and it
can be a great tool to
help you progress.

How to Keep a CrossFit Workout Journal - End of Three Fitness

Each workout journal features waterproof and rip resistant covers, a durable yet flexible spiral binding and thick 70lb paper to ensure your fitness diary will easily outlast the old CompBook in your gym bag.

Workout Journals, Fitness Journals, Training Logs and ...

A workout planner template is a very convenient tool that allows you to manage your time efficiently so that you will be able to squeeze in some time for a workout. The template includes information that can help you set realistic workout goals that you can stick to even with a busy schedule. It is

specifically created to help plan for workout, but there are also other things that a workout planner template can be used for and they are the following.

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As always, warm up and build up to a working weight before beginning the strength session of the workout. In CrossFit WOD style, weights (in pounds) are recommended for each conditioning exercise ...

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07 Jan 2018. I have put together a list of 201 CrossFit inspired workouts that you can do anywhere as they don't require any equipment. All workouts (WODs) are highly challenging and should give you a great workout if you don't have to visit a gym.

201 CrossFit Workouts You Can Do At Home (+PDF)

CrossFit is the brainchild of Greg Glassman. His fitness philosophy is to build a "broad, general, and inclusive fitness. We have sought to build a program that will best prepare trainees for any physical contingency—not only for the unknown, but for the unknowable.

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