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CrossFit Level 1 Training Guide

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All CrossFit Level 1 Course Instructors have, at a minimum, passed the Level 1 test, hold a current Level 2 Trainer Certificate and have worked at or owned a licensed CrossFit Affiliate for at least one year.

CrossFit Level 1 Certificate Course Participant Handbook

Pass the Level 1 test in person. Sign the CrossFit Trainer Licensing Agreement. Agree to the policies outlined in the Level 1 Participant Handbook. Agree to the Waiver and Release of Liability. Agree to the Confidentiality Agreement. Pay all course/test fees in full.

CrossFit Level 1 Certificate Course

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CrossFit Level 2 Certificate Course Participant Handbook version 1.8 (continued) 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 Level 2 Certificate Course Participant Handbook

the test suggests a fairly advanced level of fitness. Looking at the ten general physical adaptations to exercise (cardiorespiratory endurance, strength, ... Feedback to feedback@crossfit.com 4 of 4 How Fit Are You? (continued...) Test 5: Run 800 meters, Thrusters 75 lbs x 21 reps, Pull-ups 21 reps ...

How Fit Are You? - CrossFit

level 1 repeat the two-day course and pass the level 1 test every five years. level 2 repeat the two-day

course and pass the level 2 test, in applicable locations, every five years. level 3â€”Maintain current CPR. every three years, acquire 50 continuing-education units (CeUs) and 300 coaching hours.

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