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OVERVIEW 1.1

ABOUT CROSSFIT

CrossFit is an open source, international business dedicated to the improvement of human health and athletic performance.

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vegetables, and nuts.
Some fruits. Little
starch. No ...

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to be used in
conjunction with our
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Course to help you
develop your training
knowledge and skills,

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and to help you prepare
for the Level 1 Trainer
Test. This is an essential
but not an exhaustive
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