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Kommen Hier Ballistische Übungen, Bei Welchen Die  
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A Theoretical Template For CrossFit's Programming  
Of 5 Theoretical Template For CF Programming  
(continued...) Until Repeated For A Total Of 3, 4, Or  
Most Commonly 5 Rounds And Performed For Time. We  
Say These Days Are "task Priority" Because The Task Is  
Set And The Time Varies. The Workout Is Very Often  
Scored By The Time Requ  
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Programming For  
CrossFit - Public  
SURVEY RESULTS | PROGRAMMING Q:  
What Are The 3 Most Important Factors For Successful  
Programming For Competitive CrossFit? Top 8  
1.Variety 2.Individualized Programming 3.Work On  
Weaknesses 4.Recovery/listen To Body 5.Periodization  
6.Aerobic Capacity 7.Large Strength Base 8.High  
Intensity  
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CROSSFIT: THE USER S ...Programming For  
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Fitness Competence With Tasks Native To Popular  
Sport (i.e., Throwing, Sprinting, Changing Direction,  
Tossing To Target, Striking With Object, Carrying, Etc)  
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CROSSFIT-BASED HIGH-INTENSITY POWER TRAINING IMPROVES ...CROSSFIT-BASED HIGH-INTENSITY POWER TRAINING IMPROVES MAXIMAL AEROBIC FITNESS AND BODY COMPOSITION MICHAEL M. SMITH,ALLAN J. SOMMER,BROOKE E. STARKOFF, AND STEVEN T. DEVOR Health And Exercise Science, The Ohio State

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