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article referenced in the Study
Material Reference List, including
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Guide” and the “Level 2 Training

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Q&A with CrossFit's top coaches as well as receive coaching through foundational movements in a small group setting.

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CrossFit is a core strength and conditioning program in what two

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distinct senses the fitness we develop is foundational to all other athletic needs and our work focuses on the major functional axis of the human body, the extension and flexion, of the hips and extension, flexion, and rotation of the torso or trunk.

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CrossFit super-enthusiasts who

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Want to take it to the next level can become a Certified CrossFit Trainer (CCFT) or Certified CrossFit Coach (CCFC). Earning certification shows that you have the skills to work knowledgeably and effectively with individuals and groups at all levels of

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experience. And in a broader sense, certification ensures integrity and consistency [...]

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The Certified CrossFit Trainer examination consists of 160 multiple-choice questions. Of the questions, 140 count toward the score. The remaining 20 are not scored, but are included for a practice known as pretesting.

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Pretesting means that these items will be evaluated for potential inclusion on future examinations as scored questions.

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