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May 14, 2010 The CrossFit Training Guide This guide is designed to be used in conjunction with our CrossFit Level 1 Trainer Course to Everything in that manual

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Level 1 Certificate Course and the Level 2 Coach s Prep Course, as well as advanced credentials such as Certified CrossFit Trainer and Certified CrossFit Coach

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a CrossFit Level 1 Trainer, This is such a helpful review. i just took my level 1 course and i also have wits pt,