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the Level 1 and Level 2 Certificate Courses and then successfully passed the CCFT examination. This credential is for the experienced individual seeking to demonstrate a higher level of CrossFit coaching knowledge and ability.

CrossFit | Certifications

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**Guide** CrossFit is a core strength and conditioning program in what two 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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**Guide** CrossFit super-enthusiasts who 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 experience. And in a broader sense,

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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. Pretesting means that these items will be evaluated for potential inclusion on future

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Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents

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NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the

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**Guide** necessary preparation and movement.

Other features include research notes, memory joggers, safety tips, and review questions.

The certified nutrition consultant and creator of the popular Carrots 'N' Cake daily blog outlines innovative and fun



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dieting methods that do not rely on restrictive practices, sharing accessible fitness routines and food tips that reveal how to lose weight through balanced eating. Original.

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NASM Exam Prep Review with 300+ Flash Cards for the National Academy of Sports Medicine Board of Certification Examination is an unofficial flash card book offering test-takers a full review of the subject matter covered on the NASM exam. NCCA was not involved in the creation or production of this product, is

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**Guide** key concepts required to pass the American Council on Exercise (ACE) CPT Exam to become a certified personal trainer. The content in this study guide is presented in an easy to read format that helps to comprehend & retain the information. This study guide is organized in the following four performance



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helpful Resources, Formulas, Conversions, and Acronyms. \* Includes 50 practice questions to further enhance knowledge & to have an idea of what the actual exam will look like. \* Includes detailed practice question answers with explanations on how the answers were obtained. \* Includes detailed descriptions of assessments, the

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physical and mental performance, as well as permanent fat loss, simple for you to understand and achieve. With lists of good and bad carbohydrates, easy-to-follow food blocks and delicious recipes, The Zone provides all you need to begin your journey toward permanent fat loss, great health and all-round peak performance. In

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depression, anxiety, sleep disorders, OCD, dementia and beyond. A triple threat in the food space, Dr. Uma Naidoo is a board-certified psychiatrist, nutrition specialist, and professionally trained chef. In *This Is Your Brain on Food*, she draws on cutting-edge research to explain the many ways in which food contributes to our mental



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health, and shows how a sound diet can help treat and prevent a wide range of psychological and cognitive health issues. Packed with fascinating science, actionable nutritional recommendations, and delicious, brain-healthy recipes, *This Is Your Brain on Food* is the go-to guide to optimizing your mental health with

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ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM

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Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

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**Guide** provide additional insight and clarity for any questions you may have while preparing for your exam. We are dedicated to your success and here to support 24-7 along your journey to becoming a certified fitness professional. Your feedback is welcomed and appreciated! - CPT Exam Prep Team

This study guide references the

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