
CrossFit Level 1 Study Guide | 100% Correct Answers | Verified | Latest 2024 Version

Define CrossFit - ✓✓ Constantly varied high intensity functional movement

Define Variance - ✓✓ Preparation for random physical challenges unknown and knowable

Define General Physical Preparedness (GPP) and identify the relationship of variance to GPP - ✓✓ GPP is broad, general and inclusive and variance creates this general condition

Explain the concept of falling at the margins of our experience and how it relates to GPP and variance - ✓✓ Constant variance prepares you at your margins of experience to prevent failure at margins of experience

Define the difference between specialization and GPP (CrossFit) - ✓✓ CrossFit is random and broad, specialization is focusing on specific skills

Articulate the relationship between intensity and results related to fitness goals - ✓✓ Intensity brings results

Describe how power is related to intensity - ✓✓ Power is Intensity

Define and calculate power - ✓✓ Time rate of doing work or $\text{force} \times \text{distance}$

Define and calculate work - ✓✓ Ability to perform real physical work as measured by $\text{force} \times \text{distance}$

Define Safe - ✓✓ Mechanically sound and safe post 1 max rep

Define compound yet irreducible - ✓✓ You cannot breakdown into individual movements and get the same benefit

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