
CrossFit Level 1 exam review

Define CrossFit - answer A core strengthening program made up of constantly varied high intensity functional movements

Articulate Characteristics of functional movements: Natural - answer They are natural, effective, & efficient locomotor of body & external objects; most important they move large loads over long distances quickly;

Articulate Characteristics of functional movements: Universal Motor Recruitment Patterns - answer universal motor recruitment patterns: movements that mimic motor recruitment patterns found in everyday life

Articulate Characteristics of functional movements: Essential - answer universal motor recruitment patterns: essential because the soundness & efficacy of functional movements are so profound that exercising without them is by comparison a colossal waste of time

Safe - answer Functional movements are safe because they are mechanically sound

Compound yet Irreducible - answer Compound/multi-joint movements are functional

High-Power Producing - answer Power is the definition of intensity; increases in strength, performance, muscle mass, & bone density all arise in proportion to the intensity of exercise; Power development is an ever-present aspect of Crossfit workout

Identify the most important characteristic of functional movements - answer most important characteristic of functional movements is that they move large loads over long distances quickly

Define & calculate work - answer ability to perform real physical work

$\text{Force} \times \text{Distance} / \text{time} = \text{power}$

Define & calculate power - answer ability of a muscular unit to apply max force in minimum time; time rate of doing work; $\text{force} \times \text{distance} = \text{time}$; time rate of doing work;

Understand how relative changes in force, distance & timing change power output - answer

Describe intensity & how it is related to power - answer Power is the definition of intensity; increases in strength, performance, muscle mass, & bone density all arise in

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Jin-Ying Zhang



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qu est ce qu un cochon d inde aime les animaux les - Feb 03 2022

web jan 8 2023 les cochons d inde sont des herbivores et ils aiment les fruits et légumes les salades de fruits et de légumes qu ils apprécient sont des éléments essentiels de leur alimentation vous devez leur donner une tasse de salade de légumes frais tous les jours les fruits en revanche doivent être donnés dans certaines limites

cochon d inde caractère santé alimentation prix et entretien - Jan 14 2023

web 154 avis le cochon d inde est un rongeur particulièrement grégaire supportant mal la solitude cette petite boule de poils très affectueuse a besoin de beaucoup d attention quotidienne pour s épanouir et vivre pleinement sa vie longue de 7 à 8 ans animal vif surtout la femelle attachant il aime les caresses et câlins

le cochon d inde qui est il comment prendre soin de son cochon d inde - Nov 12 2022

web un apport supplémentaire en vitamine c est obligatoire dans la nature en Amérique du sud les cochons d inde se nourrissent de fruits exotiques qui leur en fournissent énormément et il est bien trop onéreux de leur offrir ces mêmes fruits en France pour palier à ce problème il existe des concentrés de vitamine c liquide à

comment prendre soin de son cochon d inde jardiland - Jun 07 2022

web jun 16 2023 le cochon d inde est un rongeur dont les dents poussent en continu il est donc indispensable qu'il puisse les user quotidiennement afin d'éviter certains problèmes de santé il pourra le faire tout d'abord en mangeant tous les jours du foin c'est l'aliment de base de votre cobaye il pourra en avoir à volonté

le cochon d inde bien le comprendre et bien le de k behrend - May 18 2023

web mar 1 1996 le cochon d inde bien le comprendre et bien le soigner les conseils d'un expert pour votre animal favori k behrend note moyenne donner le premier avis soignez votre cochon d inde avec amour et compréhension la spécialiste katrin behrend explique quels soins prodiguer à votre cochon d inde pour le lire la suite 5 50 neuf