

CROSSFIT

CHOOSE TRAINING GOALS:

- Body:
- Physical quality:

PARTS OF SESSION Every crossfit session has 4 parts.

CROSSFIT EXERCISES

| GYMNASTICS | METABOLIC | WEIGHTLIFTING |
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MATERIALS USED IN CROSSFIT

POSSIBILITIES OF MANAGING TIME

CROSSFIT VOCABULARY

WOD

(WORKOUT OF THE DAY)

GOALS:

WOD NAME :

1. WARM UP (10 min)

2. SKILL/STRENGTH : (Select a technique progression of a skill) (10 minutes)

3. WOD: (30 min)

4: COOL DOWN (5 min)