

# Crossfit Programming Guide

CrossFit is a branded fitness regimen that involves constantly varied functional movements performed at high intensity. [1] The method was developed by Greg Glassman, [2] who founded CrossFit with ... Apr 11, 2024 · CrossFit's (CF) workouts are based on diverse, high-intensity movements like squatting, weightlifting, running, jumping, and more. Founded by a former gymnast in 2000 in Santa Cruz, CA, ... CrossFit workouts are high-intensity sessions of functional movements, designed to improve your physical fitness. Learn more about CrossFit! Nov 8, 2019 · With all this publicity, you may have wondered if this program could work for you. Before you jump into the "box" (ahem, that's CrossFit speak for gym), here's what you need to know about ... Mar 4, 2026 · CrossFit is a

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*What is CrossFit? - USA TODAY*

**CrossFit | CrossFit**

**CrossFit Beginner's Guide: 8 Things to Know! | Nerd Fitness**

*Is CrossFit right for you? Here's what you need to know*

**CrossFit - Wikipedia**

*CrossFit: Benefits, Drawbacks, and More - Verywell Fit*

**CrossFit | What is CrossFit? | Functional Fitness With Crossfit**

*CrossFit | CrossFit: The Path to Better Health | CrossFit*

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