



STUDY MATERIAL REFERENCE LIST



ISO/IEC 17024
Personnel Certification
Program
#0994



Table of Contents

Certified CrossFit Trainer (CCFT) Study Material 3

CrossFit-Specific Terminology and Methodology 5

Nutrition and Health Science 6

Movements — Basic Teaching, Seeing, and Correcting 7

Coaching Movement — Assessment, Screening, and Cueing 9

Applied Anatomy and Physiology 10

Programming11

Practical Application of Exercise Science 13

Scaling 15

Understanding and Mitigating Exercise-Related Risk Factors 16

Class Structure and Organization. 17

Coaching Intangibles (Leadership, Goal Setting, Motivation, Communication, Psychology). 18

Professional Responsibilities. 19

CERTIFIED CROSSFIT TRAINER (CCFT) STUDY MATERIAL

The CCFT examination tests the proficiency of an experienced trainer's skill and knowledge across a broad range of CrossFit- and fitness-related topics. The CCFT Study Material is based on the [Content Outline](#) and provides a Reference List that will help prepare candidates for the exam.

Using the Content Outline

The Certified CrossFit Trainer examination conforms to a [Content Outline](#) based on a formal practice analysis of CrossFit Trainers.

There are five main domains that make up the Content Outline:

1. Screening and Assessment
2. Programming/Program Design
3. Coaching (to include movement, nutrition, and lifestyle)
4. Class and Athlete Management
5. Professional Performance and Responsibilities

Each domain has tasks (or functions) within it that are required of an effective trainer. Each task has abilities (or skills) needed to accomplish that task, and knowledge required to demonstrate that ability. The Content Outline can serve as a guide in preparation for the exam. Candidates can assess their readiness for the exam by evaluating:

1. their ability to demonstrate the skills in their regular coaching practice; and
2. their knowledge relative to that which is listed.

Using the Reference List

In order to further assist candidates in preparation for this exam, a reference list of freely available content has been compiled. This itemized reference list is categorized into the following subject areas:

- | | |
|---|--|
| ▪ CrossFit-Specific Terminology and Methodology | ▪ Practical Application of Exercise Science |
| ▪ Nutrition and Health Science | ▪ Scaling |
| ▪ Movements – Basic Teaching, Seeing, and Correcting | ▪ Understanding and Mitigating Exercise-Related Risk Factors |
| ▪ Coaching Movement – Assessment, Screening, and Cueing | ▪ Class Structure and Organization |
| ▪ Applied Anatomy and Physiology | ▪ Coaching Intangibles (Leadership, Goal Setting, Motivation, Communication, Psychology) |
| ▪ Programming | ▪ Professional Responsibilities |

These subject areas were applied to the references for ease of use for the candidate. For each entry, the CCFT domains or domain is also noted. In many cases, a single reference covers multiple domains.

For example, the following reference can be found under subject-area heading “CrossFit-Specific Terminology and Methodology”:

Glassman G. 2010 (Jan. 28). At the Chalkboard: Core Stability. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/01/core-stability.tpl>

D1 D2 D3

This means that the information in this reference can be categorized as primarily CrossFit-Specific Terminology and Methodology; however the information found within applies to Screening and Assessment/Domain 1 **D1**, Programming/Domain 2 **D2**, and Coaching/Domain 3 **D3**. A table of domain codes is at the top of [page 4](#) for quick reference.

Attempting to memorize the material in all of the references will not be the best approach to prepare for this exam. Some test answers have been derived directly from these references; however, the majority of answers require a strong knowledge of the concepts presented and the ability to apply that knowledge to various training scenarios.



CERTIFIED CROSSFIT TRAINER (CCFT) STUDY MATERIAL, continued

Further, this reference list is not intended to be exhaustive. In addition to helping candidates prepare for the test, the purpose of the Study Material is to provide a means to assess one's relative strengths and weakness in each of the areas. Based on their familiarity with the content, candidates need to proactively find resources to fill in potential gaps in their knowledge or experience.

DOMAIN KEY

- D1** Screening and Assessment
- D2** Programming/Program Design
- D3** Coaching
- D4** Class and Athlete Management
- D5** Professional Performance and Responsibilities



CROSSFIT-SPECIFIC TERMINOLOGY AND METHODOLOGY

CrossFit. Updated 2016 (June 14). [CrossFit Level 1 Training Guide](#) [ENGLISH].

D1 D2 D3

Glassman G. 2003 (Sept. 1). Benchmark Workouts. (PDF)

CFJ: <http://journal.crossfit.com/2003/09/benchmark-workouts-by-greg-gla.tpl>

D2

Glassman G. 2009 (Nov. 28). What Is CrossFit? (VIDEO)

CFJ: <http://journal.crossfit.com/2009/11/what-is-crossfit.tpl>

D1 D3

Glassman G. 2010 (Jan. 28). At the Chalkboard: Core Stability. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/01/core-stability.tpl>

D1 D2 D3

Leyland T. 2008 (July 1). Human Power Output and CrossFit Metcon Workouts. (PDF)

CFJ: <http://journal.crossfit.com/2008/07/human-power-output-and-crossfi.tpl>

D2

Leyland T. 2012 (Sept. 13). CrossFit and GPP. (PDF)

CFJ: <http://journal.crossfit.com/2012/09/crossfit-and-gpp.tpl>

D2

CrossFit. Updated 2016 (June 14). [CrossFit Level 1 Training Guide](#) [ENGLISH].

D1 D3

Berardi J. 2011 (Dec. 9). My Experiments With Intermittent Fasting. (PDF)
CFJ: <http://journal.crossfit.com/2011/12/my-experiments-with-intermittent-fasting.tpl>

D2 D3

Connelly S. 2010 (April 4). Insulin: Body Weight and Energy Production: Part 1-2. (VIDEO)
CFJ: <http://journal.crossfit.com/2010/04/insulin-body-weight-and-energy-production.tpl>

D1 D3

Eades M. 2006 (Nov. 7). What Is the Glycemic Index? (WEBLINK)
<http://www.proteinpower.com/drmike/metabolism/what-is-the-glycemic-index/>

D1 D3

Eades M. 2009 (Jan. 6). Observational Studies. (WEBLINK)
<http://www.proteinpower.com/drmike/statistics/observational-studies-2/>
(Accessed Mar. 25, 2013)

D3

Gary J. 2011 (March 14). Journal Club: Insulin and Exercise (PDF)
CFJ: <http://journal.crossfit.com/2011/03/journal-club-insulin-and-exercise.tpl>

D1 D3

Kilgore L. 2008 (Oct. 30). Milking Fact From Intolerance. (PDF)
CFJ: <http://journal.crossfit.com/2008/10/milking-fact-from-intolerance.tpl>

D1 D3

Nambi V, Hoogwerf BJ and Sprecher DL. A Truly Deadly Quartet: Obesity, Hypertension, Hypertriglyceridemia, and Hyperinsulinemia. 2002 (Dec.) 69(12): 985-989. Cleveland Clinic Journal of Medicine. (WEBLINK)
<http://www.ccjm.org/content/69/12/985.long>

D3

Ray M. 2009 (Oct. 18). CrossFit Northern Ireland: Dr. Michael Ray on Macronutrients. (VIDEO)
CFJ: <http://journal.crossfit.com/2009/10/crossfit-northern-ireland-dr-michael-ray-on-macronutrients.tpl>

D1 D3

Synkowski EC. 2012 (July). Simple Nutrition: Part 1-5. (VIDEO)
CFJ: <http://journal.crossfit.com/2012/07/ecnutrition-01.tpl>
CFJ: <http://journal.crossfit.com/2012/07/ec-nutrition-2.tpl>
CFJ: <http://journal.crossfit.com/2012/07/ecnutrition-03.tpl>
CFJ: <http://journal.crossfit.com/2012/07/ec-4.tpl>
CFJ: <http://journal.crossfit.com/2012/07/simple-nutrition-part-5.tpl>

D1 D3

Taubes G. 2011 (Dec. 18). Why We Get Fat. (Unabridged). (VIDEO)
CFJ: <http://journal.crossfit.com/2011/12/garytaubesfull.tpl>

D1 D3

MOVEMENTS — BASIC TEACHING, SEEING, AND CORRECTING

CrossFit. Updated 2016 (June 14). [CrossFit Level 1 Training Guide](#) [ENGLISH].

D1 **D2** **D3** **D4**

CrossFit. Updated 2016 (Sept 22). Infinity Wall [Movement Library](#).

D1 **D2** **D3**

Glassman G. 2003 (May 1). Three Important Ab Exercises. (PDF)

CFJ: <http://journal.crossfit.com/2003/05/three-important-ab-exercises-m.tpl>

D1 **D2** **D3**

Glassman G. 2004 (July 1). Ring Strength. (PDF)

CFJ: <http://journal.crossfit.com/2004/07/ring-strength-by-greg-glassman.tpl>

D3

Glassman G. 2006 (Jan. 1). The Scoop and the Second Pull. (PDF)

CFJ: <http://journal.crossfit.com/2006/01/the-scoop-the-second-pull-greg.tpl>

D1 **D3**

Burgener M. 2009 (Feb. 20). Analysis of the Transition. (VIDEO)

CFJ: <http://journal.crossfit.com/2009/02/analysis-of-the-transition.tpl>

D3

Burgener M. 2012 (April 6). Set-Up and Positioning in the Olympic Lifts: Part 1-3. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/04/olycourse-setuppositioningp1.tpl>

CFJ: <http://journal.crossfit.com/2012/04/set-up-and-positioning-in-the-olympic-lifts-part-2.tpl>

CFJ: <http://journal.crossfit.com/2012/04/set-up-and-positioning-in-the-olympic-lifts-part-3-set-up-variations.tpl>

D3

Burgener M. 2012 (Oct. 20). Coaching the Three Snatch Positions. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/10/olycourse-3snatchpositions.tpl>

D3

Conley T and Katona D. 2012 (Oct. 17). Running Fundamentals. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/10/cfekatona-runningfundamentals.tpl>

D3

Galassi L. 2011 (September). Handstand Virtuosity: Part 1-3. (VIDEO)

CFJ: <http://journal.crossfit.com/2011/09/lauriehs1.tpl>

CFJ: <http://journal.crossfit.com/2011/09/lauriehs2.tpl>

CFJ: <http://journal.crossfit.com/2011/09/lauriehs3.tpl>

D3

Hart A. 2006 (May 14). Rowing Basics. (VIDEO)

CF.com: http://media.crossfit.com/cf-video/CrossFitC2_1BasicOnRower.mov

D3

Hass T. 2007 (May 1). Applications of the Support on Rings. (PDF)

CFJ: <http://journal.crossfit.com/2007/05/applications-of-the-support-on-rings.tpl>

D3

Hammond G. 2012 (May 9). Fixing Common Rowing Errors. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/05/shane-commonerrors.tpl>

D3

MOVEMENTS – BASIC TEACHING, SEEING, AND CORRECTING, continued

Koch F, Blom RK, and Jacob V. Sit-up Redefined. (WEBLINK)

<http://www.abmat.co.uk/situp.htm>

D3

MacKenzie B. 2011 (June-July). Running Drills With Brian MacKenzie: Part 1-6. (VIDEO)

CFJ: <http://journal.crossfit.com/2011/06/bmackrun1.tpl>

CFJ: <http://journal.crossfit.com/2011/06/bmackrun2.tpl>

CFJ: <http://journal.crossfit.com/2011/07/bmackrun3.tpl>

CFJ: <http://journal.crossfit.com/2011/07/bmackrun4.tpl>

CFJ: <http://journal.crossfit.com/2011/07/bmackrun5.tpl>

CFJ: <http://journal.crossfit.com/2011/07/bmackrun6.tpl>

D3

Martone J. 2012 (July 4). Kettlebell Clean Variations. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/07/martone-cleanvariations.tpl>

D3

Martone J. 2012 (Oct. 1). The Kettlebell Snatch. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/10/martone-kb-snatch.tpl>

D3

Starr B. 2012 (Feb. 24). The Role of the Bench Press in Strength Training. (PDF)

CFJ: <http://journal.crossfit.com/2012/02/the-role-of-the-bench-press-in-strength-training.tpl>

D4

Starrett K and Paoli C. 2011 (March 31). The Position: Part 1 – The Double-Under. (VIDEO)

CFJ: <http://journal.crossfit.com/2011/03/theposition1doubleunder.tpl>

D3

Starrett K and Paoli C. 2011 (Sept. 8). The Position: Part 6 – The Bar Dip. (VIDEO)

CFJ: <http://journal.crossfit.com/2011/09/theposition6dips.tpl>

D3

Starrett K and Paoli C. 2012 (March 7). Perfecting the Box Jump. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/03/kstarrcarbobox.tpl>

D3

Sweatt S and Phelps-Sweatt L. 2011 (Dec. 27). Proper Bench Technique. (VIDEO)

CFJ: <http://journal.crossfit.com/2011/12/benchsetup.tpl>

D3

Tucker J. 2011 (May 28). Ring Handstand Push-Ups With Jeff Tucker. (VIDEO)

CFJ: <http://journal.crossfit.com/2011/05/aftuckerringhspu.tpl>

D3

Tucker J and Hyland D. 2011 (Sept. 30). Getting Inverted. (PDF)

CFJ: <http://journal.crossfit.com/2011/09/getting-inverted.tpl>

D3

COACHING MOVEMENT — ASSESSMENT, SCREENING, AND CUEING

CrossFit. Updated 2016 (June 14). [CrossFit Level 1 Training Guide](#) [ENGLISH].

D1 D3

CrossFit. Updated 2016 (July 29). [CrossFit Level 2 Training Guide & Workbook](#) [ENGLISH].

D1 D2 D3

Begiebing A, Bozman A and Synkowski EC. 2010 (June 7). Coaches Prep Course: The Overhead Position. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/06/cpc-overhead.tpl>

D1 D3

Begiebing A. 2010 (June 15). Coaches Prep Course: Using Dependent Cues. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/06/cpc-austin-dependent-cues.tpl>

D1 D3 D4

Bozman A. 2010 (May 30). Coaches Prep Course: Coaching the Squat. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/05/cpc-boz-squat.tpl>

D1 D3

Sherwood P, Carswell C and Spealler C. 2010 (Sept. 29). Coaches Prep Course: Macro-Micro-Macro. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/09/cpc-macromicro.tpl>

D3

Spealler C and Synkowski EC. 2010 (Sept. 21). Coaches Prep Course: Multi-Tasking. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/09/cpc-shadow.tpl>

D1 D3 D4

Tucker J. 2012 (June 14). Jeff Tucker's Warm-Up Assessment. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/06/tuckerwarmupassess.tpl>

D3

APPLIED ANATOMY AND PHYSIOLOGY

Glassman G. 2003 (Jan. 1). A Postural Error: A Costly Biomechanical Fault: Muted Hip Function. (PDF)

CFJ: <http://journal.crossfit.com/2003/01/a-postural-error-a-costly-biom.tpl>

D1 D3

Glassman G. 2010 (Feb. 5). At the Chalkboard: Failure Mechanism. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/02/failure-mechanism.tpl>

D1 D3

Hollingsworth D. 2010 (Nov. 22). The Athletic Hip. (PDF)

CFJ: <http://journal.crossfit.com/2010/11/the-athletic-hip.tpl>

D3

Kilgore L. 2008 (July 1). The Measure of Man. (VIDEO)

CFJ: <http://journal.crossfit.com/2008/07/the-measure-of-man-by-lon-kilg.tpl>

D3

Kilgore L. 2009 (Jan. 29). Movement 101. (PDF)

CFJ: <http://journal.crossfit.com/2009/01/movement-101.tpl>

D1 D3

Kilgore L. 2009 (June 4). Built to Move. (PDF)

CFJ: <http://journal.crossfit.com/2009/06/built-to-move.tpl>

D2 D3

Kilgore L. 2010 (May 1). Getting Some Leverage. (PDF)

CFJ: <http://journal.crossfit.com/2010/05/getting-some-leverage.tpl>

D1 D3

Leyland T. 2007 (Nov. 1). Spine Mechanics for Lifters. (PDF)

CFJ: <http://journal.crossfit.com/2007/11/spine-mechanics-for-lifters-by.tpl>

D1 D3

Seiler S. Undated. Exercise Physiology: The Methods and Mechanisms Underlying Performance. (PDF)

[http://www.owascoveloclub.com/Education_files/EXERCISE PHYSIOLOGY.pdf](http://www.owascoveloclub.com/Education_files/EXERCISE_PHYSIOLOGY.pdf)

Author bio: <http://www.uia.no/kk/profil/stephens>

D2 D3

PROGRAMMING

CrossFit. Updated 2016 (June 14). [CrossFit Level 1 Training Guide](#) [ENGLISH].

D1 D2 D3

CrossFit. Updated 2016 (July 29). [CrossFit Level 2 Training Guide & Workbook](#) [ENGLISH].

D1 D2 D3 D4

Glassman G. 2005 (Jan. 1). What About Recovery? (PDF)

CFJ: <http://journal.crossfit.com/2005/01/what-about-recovery-by-greg-gl-1.tpl>

D1 D2

Beers E. 2013 (Jan. 7). Make Your Life Better: Get Horizontal (PDF)

CFJ: <http://journal.crossfit.com/2013/01/make-your-life-better-get-horizontal.tpl>

D2 D3

Castro D. 2008 (Aug. 1). CrossFit Programming Part 3. (VIDEO)

CFJ: <http://journal.crossfit.com/2008/08/crossfit-programming-part-3-by.tpl>

D2

Castro D. 2010 (April 18). Constantly Varied Programming. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/04/variety-programming.tpl>

D2

Fournier P. 2010 (March 1). The Marlins Go CrossFit. (PDF)

CFJ: <http://journal.crossfit.com/2010/03/marlins-go-crossfit.tpl>

D2

Kilgore L. 2008 (May 1). Dissecting the Fish: Plotting Progress in Multi-Modal Training. (PDF)

CFJ: <http://journal.crossfit.com/2008/05/dissecting-the-fish-plotting-p.tpl>

D2 D3

Leyland T. 2007 (April 1). Rest and Recovery in Interval-Based Exercise. (PDF)

CFJ: <http://journal.crossfit.com/2007/04/rest-and-recovery-in-intervalb.tpl>

D2

Leyland T. 2007 (May 1). Why You Should Sprint Train. (PDF)

CFJ: <http://journal.crossfit.com/2007/05/why-you-should-sprint-train-by.tpl>

D2 D3

Leyland T. 2007 (Dec. 1). Why a 10K WOD? (PDF)

CFJ: <http://journal.crossfit.com/2007/12/why-a-10k-wod-by-tony-leyland.tpl>

D2 D3

Mason C. 2010 (Sept. 24). End of the Line. (PDF)

CFJ: <http://journal.crossfit.com/2010/09/end-of-the-line.tpl>

D2

Simmons L. 2011 (June 22). The Westside Conjugate System. (PDF)

CFJ: <http://journal.crossfit.com/2011/06/the-westside-conjugate-system.tpl>

D2

Spealler C. 2011 (June 19). Coaches Prep Course: Programming Bias vs. Targeting. (VIDEO)

CFJ: <http://journal.crossfit.com/2011/06/cpctragedvsbias.tpl>

D2 D3

Starr B. 2009 (May 27). The Holy Trinity of Strength Training. (PDF)

CFJ: <http://journal.crossfit.com/2009/05/the-holy-trinity-of-strength-training.tpl>

D3

Sweatt, S and Phelps-Sweatt L. 2012 (March 25). Accommodating Resistance. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/03/recombiningresistance.tpl>

D3

Sweatt, S and Phelps-Sweatt L. 2012 (June 1). Powerlifting: Maximal Effort Method. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/06/pwrliftmaxeffort.tpl>

D2

PRACTICAL APPLICATION OF EXERCISE SCIENCE

CrossFit. Updated 2016 (June 14). [CrossFit Level 1 Training Guide](#) [ENGLISH].

D2 D3

Glassman G. 2004 (June 1). What About Cardio? (PDF)

CFJ: <http://journal.crossfit.com/2004/06/what-about-cardio-by-greg-glas.tpl>

D3

Glassman G. 2005 (March 1). Fooling Around With Fran. (PDF)

CFJ: <http://journal.crossfit.com/2005/03/fooling-around-with-fran-by-gr.tpl>

D2 D3

Glassman G. 2007 (Oct. 1). Better Movements: The Jerk and Kipping Pull-up. (VIDEO)

CFJ: <http://journal.crossfit.com/2007/10/better-movements-the-jerk-and.tpl>

D2 D3

Glassman G. 2008 (Jan. 1). Productive Application of Force. (VIDEO)

CFJ: <http://journal.crossfit.com/2008/01/productive-application-of-forc.tpl>

D2 D3

Glassman G. 2010 (Feb. 10). At the Chalkboard: Transmission. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/02/at-the-chalkboard-transmission.tpl>

D1 D3

Glassman G. 2010 (Feb. 22). At the Chalkboard: Isolation. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/02/next-chalkboard.tpl>

D2 D3

Glassman G. 2010 (March 27). At the Chalkboard: Just Squat. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/03/just-squat.tpl>

D1 D2 D3

Kilgore L. 2006 (Dec. 1). An Aerobic Paradox. (PDF)

CFJ: <http://journal.crossfit.com/2006/12/an-aerobic-paradox-by-lon-kilg.tpl>

D2 D3

Kilgore L. 2007 (Jan. 1). Removing Interference. (PDF)

CFJ: <http://journal.crossfit.com/2007/01/removing-interference-by-lon-k.tpl>

D2 D3

Kilgore L. 2007 (July 1). The Most Powerful Human Being in the Entire Universe. (PDF)

CFJ: <http://journal.crossfit.com/2007/07/the-most-powerful-human-being.tpl>

D3

Kilgore L. 2009 (Sept. 24). Forcing the Issue. (PDF)

CFJ: <http://journal.crossfit.com/2009/09/forcing-the-issue.tpl>

D3

Kilgore L. 2010 (Jan. 19). Adaptation for Fitness. (PDF)

CFJ: <http://journal.crossfit.com/2010/01/adaptation-for-fitness.tpl>

D2 D3

Leyland T. 2005 (July 1). Principles of Physiologic Conditioning. (PDF)

CFJ: <http://journal.crossfit.com/2007/07/principles-of-physiologic-cond.tpl>

D2 D3

Leyland T. 2006 (Dec. 1). VO2 Max: Not the Gold Standard? (PDF)

CFJ: <http://journal.crossfit.com/2006/12/vo2-max-not-the-gold-standard.tpl>

D2 D3

Leyland T. 2007 (Aug. 1). The Stretch Shortening Cycle and Plyometric Training. (PDF)

CFJ: <http://journal.crossfit.com/2007/08/the-stretchshortening-cycle-an.tpl>

D3

Platek SM, Porter JR and Walters TY. 2011 (May 28). IWCABTAMD. (PDF)

CFJ: <http://journal.crossfit.com/2011/03/iwcabtamd.tpl>

D1

Tabata I, Nishimura K, Kouzaki M, Hirai Y, Ogita F, Miyachi M and Yamamoto K.

Effects of Moderate-Intensity Endurance and High-Intensity Intermittent Training on Anaerobic Capacity and VO2max. 1996

(October) 28(10): 1327-1330. Medicine and Science in Sports and Exercise. (WEBLINK)

<http://jeffosadec.files.wordpress.com/2011/01/effects-of-moderate-intensity-endurance-and-high-intensity-intermittent-training-on-anaerobic-capacity-and-e280a2vo2max.pdf>

D2 D3

Various. 2012 (Nov. 2012). A Metabolic Analysis of CrossFit's Elite: Part 1-2. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/11/pepperdine-partone.tpl>

CFJ: <http://journal.crossfit.com/2012/11/pepperdineparttwo.tpl>

D2 D3

SCALING

CrossFit. Updated 2016 (June 14). [CrossFit Level 1 Training Guide](#) [ENGLISH].

D2 D3

CrossFit. Updated 2016 (July 29). [CrossFit Level 2 Training Guide & Workbook](#) [ENGLISH].

D1 D2 D3

Glassman G. 2004 (Aug. 1). Assistance for Bodyweight Exercises. (PDF)

CFJ: <http://journal.crossfit.com/2004/08/assistance-for-bodyweight-exer.tpl>

D2 D3

Cochran C. 2010 (June 21). No Limits. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/06/no-limits.tpl>

D1 D3 D5

Hass T. 2007 (April 1). Support Strength on the Rings. (PDF)

CFJ: <http://journal.crossfit.com/2007/04/support-strength-on-the-rings.tpl>

D3

Hass T. 2007 (June 1). Ring Row: Beginning Pulls on the Rings. (PDF)

CFJ: <http://journal.crossfit.com/2007/06/ring-row-beginning-pulls-on-th.tpl>

D3

Hass T. 2008 (March 1). Scaling Down CrossFit Workouts With Rings. (PDF).

CFJ: <http://journal.crossfit.com/2008/03/scaling-down-crossfit-workouts.tpl>

D3

Nitz A. 2008 (Dec. 20). High Performance Pregnancy. (PDF)

CFJ: <http://journal.crossfit.com/2008/12/high-performance-pregnancy.tpl>

D1 D2 D3

Paoli C. 2011 (Aug. 4). Handstand Push-Up-Progression With Carl Paoli: Step 2. (VIDEO)

CFJ: <http://journal.crossfit.com/2011/08/carlsemhspu2.tpl>

D3

Perkins C and Dewalt H. 2011 (Sept. 28). CrossFit Training During Pregnancy and Motherhood: A New Scientific Frontier. (PDF)

CFJ: <http://journal.crossfit.com/2011/09/crossfit-training-during-pregnancy-and-motherhood-a-new-scientific-frontier.tpl>

D1 D2 D3

Rodriguez S. 2010 (Nov. 5). Competing With Diabetes – and Winning. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/11/ftvancouver-diabetes.tpl>

D1 D3 D5

UNDERSTANDING AND MITIGATING EXERCISE-RELATED RISK FACTORS

CrossFit. Updated 2016 (June 14). [CrossFit Level 1 Training Guide](#) [ENGLISH].

D1 D2 D5

Glassman G. 2010 (Feb. 14). At the Chalkboard: Perfect Technique. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/02/at-the-chalkboard-perfect-technique.tpl>

D2 D3

Daher EF, Silva JGB, Brunetta DM, Pontes LB and Bezerra GP.

Rhabdomyolysis and Acute Renal Failure After Strenuous Exercise and Alcohol

Abuse: Case Report and Literature Review. 2005 (January) 2;123(1): 33-37. Sao Paulo Medical Journal. (WEBLINK)

<http://www.scielo.br/pdf/spmj/v123n1/a08v1231.pdf>

D1 D2 D5

Kilgore L. 2009 (Nov. 29). Safety: For Athletes and Trainers. (PDF)

CFJ: <http://journal.crossfit.com/2009/11/safety-for-athletes-and-trainers.tpl>

D1 D5

Ray M. 2009 (June 3). Pre-Participation Screening. (VIDEO)

CFJ: <http://journal.crossfit.com/2009/06/pre-participation-screening.tpl#featureArticleTitle>

D1 D5

Starrett K. 2009 (May 9). Shoulder Assessment. (VIDEO)

CFJ: <http://journal.crossfit.com/2009/05/shoulder-assessment.tpl>

D1 D3

Starrett K. 2009 (May 15). Shoulder Impingement. (VIDEO)

CFJ: <http://journal.crossfit.com/2009/05/shoulder-impingement.tpl>

D1 D3

Starrett K. 2009 (Sept. 29). Ready State and Injury. (VIDEO)

CFJ: <http://journal.crossfit.com/2009/09/ready-state-and-injury.tpl>

D1 D3

Starrett K. 2011 (November-December). A Language to Diagnose With Kelly Starrett: Part: 1-8. (VIDEO)

CFJ: <http://journal.crossfit.com/2011/10/kstarrdiagnosepart1.tpl>

CFJ: <http://journal.crossfit.com/2011/10/kstarrdiagnosepart2.tpl>

CFJ: <http://journal.crossfit.com/2011/10/kstarrdiagnosepart3.tpl>

CFJ: <http://journal.crossfit.com/2011/11/kstarrdiagnosepart4.tpl>

CFJ: <http://journal.crossfit.com/2011/11/languageidiagnosepart5.tpl>

CFJ: <http://journal.crossfit.com/2011/11/a-language-to-diagnose-with-kelly-starrett-part-6.tpl>

CFJ: <http://journal.crossfit.com/2011/12/languageidiagnosepart7.tpl>

CFJ: <http://journal.crossfit.com/2011/12/languageidiagnosepart8.tpl>

D1 D3

Webster T. 2008 (Nov. 5). Muscle Damage and Soreness. (PDF)

CFJ: <http://journal.crossfit.com/2008/11/muscle-damage---muscle-soreness.tpl>

D1 D3



CLASS STRUCTURE AND ORGANIZATION

CrossFit. Updated 2016 (July 29). [CrossFit Level 2 Training Guide & Workbook \[ENGLISH\]](#).

D3 **D4**

Glassman G. 2003 (April 1). A Better Warm-up. (PDF)

CFJ: <http://journal.crossfit.com/2003/04/a-better-warmup-by-greg-glassm.tpl>

D4

Budding T. 2006 (Sept. 1). Skill Based Warm-Ups for Groups. (PDF)

CFJ: <http://journal.crossfit.com/2006/09/skillbased-warmups-for-groups.tpl>

D3 **D4**

CrossFit. 2012 (Oct. 19). Blood Spill Clean-Up Procedure. (PDF)

CFJ: <http://journal.crossfit.com/2012/10/bloodspillcleanup.tpl>

D5

Ray M. 2010 (Dec. 17). Skin Infections and the CrossFit Athlete. (PDF)

CFJ: <http://journal.crossfit.com/2010/12/skin-infections-and-the-crossfit-athlete.tpl>

D4

Starr B. 2010 (Oct. 19). Warming Up and Stretching: The Neglected Disciplines. (PDF)

CFJ: http://journal.crossfit.com/2010/10/warming-up-and-stretching-the-neglected-disciplines.tpl#_login

D4

COACHING INTANGIBLES (LEADERSHIP, GOAL SETTING, MOTIVATION, COMMUNICATION, PSYCHOLOGY)

CrossFit. Updated 2016 (June 14). [CrossFit Level 1 Training Guide](#) [ENGLISH].

D3 D4 D5

CrossFit. Updated 2016 (July 29). [CrossFit Level 2 Training Guide & Workbook](#) [ENGLISH].

D3

Glassman G. 2010 (March 12). At the Chalkboard: The Art of Training. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/03/chalkboard-art-training.tpl>

D3 D5

Glassman G. 2010 (March 18). At the Chalkboard: Relationship Business. (VIDEO)

CFJ: <http://journal.crossfit.com/2010/03/relationship-business.tpl>

D3 D5

Bergeron B. 2011 (Dec. 2). The Deeper Side of Coaching. (PDF)

CFJ: <http://journal.crossfit.com/2011/12/the-deeper-side-of-coaching.tpl>

D3 D5

Bergeron B. 2012 (Dec. 17). The Pursuit of Excellence. (PDF)

CFJ: <http://journal.crossfit.com/2012/12/the-pursuit-of-excellence.tpl>

D5

Bergeron B. 2012 (June 16). The Emotional Bank Account. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/06/emotionalbankaccount.tpl>

D3 D5

Bergeron B. 2012 (July 7). Coaching the Positive. (VIDEO)

CFJ: <http://journal.crossfit.com/2012/07/cfj-againfaster-box-coachingpositive.tpl>

D3

CrossFit. 2012 (Sept. 11). User Guide: Finding the Right Coach and Affiliate. (PDF)

CFJ: <http://journal.crossfit.com/2012/09/user-guide-finding-the-right-coach-and-affiliate.tpl>

D3 D5

PROFESSIONAL RESPONSIBILITIES

CrossFit. Updated 2016 (June 14). [CrossFit Level 1 Training Guide](#) [ENGLISH].

D5

Glassman G. 2011 (Sept. 6). Pursuit of Excellence With Greg Glassman. (VIDEO)
CFJ: <http://journal.crossfit.com/2011/09/gregexcellence.tpl>

D3 D5

Glassman G. 2013 (Jan. 22). Pursuing Excellence and Creating Value. (VIDEO)
CFJ: <http://journal.crossfit.com/2013/01/gregspeech.tpl>

D5

Ames M. 2010 (March 20). Protecting Your Business: The Waiver. (PDF)
CFJ: <http://journal.crossfit.com/2010/03/protecting-your-business-the-waiver.tpl>

D5

CrossFit. 2012 (Oct. 19). Blood Spill Clean-Up Procedure. (PDF)
CFJ: <http://journal.crossfit.com/2012/10/bloodspillcleanup.tpl>

D5

Certified CrossFit Trainer Scope of Practice

D1 D2 D3 D4 D5

CrossFit Standards of Professional Practice

D1 D2 D3 D4 D5

Kilgore L. 2009 (Nov. 29). Safety: For Athletes and Trainers. (PDF)
CFJ: <http://journal.crossfit.com/2009/11/safety-for-athletes-and-trainers.tpl>

D1 D5

Ray M. 2010 (Dec. 17). Skin Infections and the CrossFit Athlete. (PDF)
CFJ: <http://journal.crossfit.com/2010/12/skin-infections-and-the-crossfit-athlete.tpl>

D4