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CrossFit Level 1 Certificate Course Participant Handbook

Storia. Greg Glassman e Lauren Jenai fondarono CrossFit, Inc. nel 2000. La società era stata concepita pochi anni prima, nel 1996, come Cross-Fit. La palestra ...

CrossFit - Wikipedia

CrossFit ist eine Fitnessstrainingsmethode und zugleich ein Wettkampfsport, der von dem gleichnamigen US-amerikanischen Unternehmen vertrieben wird und unter anderem ...

CrossFit " Wikipedia

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FjordlÅbet - fjordloebet-randers.dk

Origin. The exercise was named in the 1930s for American physiologist Royal H. Burpee, who developed the burpee test. He earned a Ph.D. in applied physiology from ...

Burpee (exercise) - Wikipedia

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AdvoCare - Wikipedia

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