

CrossFit

CONSTANTLY VARIED/ FUNCTIONAL MOVEMENT/ HIGH INTENSITY

9 Foundational Movements

- ▶ -Air Squat
- ▶ -Front Squat
- ▶ -Overhead Squat
- Strict Press
- Push Press
- Push Jerk
- Dead Lift
- Sumo Dead Lift High Pull
- Medicine Ball Clean



Nutrition

- ▶ Learn how to fuel your body for optimal performance.
- ▶ Learn the myths and misconceptions of current nutritional practices and Fads.



Workout of the Day

- ▶ Participate in and gain an understanding of the program design process that goes into the Workout of the Day (WOD).



Community

- Experience the benefit of training in a CrossFit community built by you and your peers at RHS.





CrossFit and PE

COURSE NUMBER - 60050