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## ALANI MAREN

### CROSSFIT TRAINING CROSSFIT FOR BEGINNERS

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It will require hard graft, but, and this is the beauty of CrossFit, you will quickly see results in your size, strength and energy. The combination of high-intensity circuits, staple CrossFit...

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#1) Beginners to weight training - If you have NEVER weight trained before (or trained only on machines), CrossFit is a great place for you to start (provided you have a great coach, which I'll cover shortly). You'll learn how to do all of the important lifts in a super supportive and nonjudgmental environment.

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We pride ourselves in not only providing world class CrossFit training but we also believe in creating a motivating, dynamic environment filled with like-minded people of all ages and body types, who are committed to working hard and achieving lasting fitness results. Come in for a free intro session, make some friends, have fun and get fit.

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(Check Part 2 with more beginner workouts here.) 1. 10 to 1 Countdown WOD Do 10 each of kettlebell swings at a moderate weight, followed by 10 dumbbell thrusters (hold a light dumbbell in front of your chest with both hands; squat with dumbbell in place, then stand straight while raising the dumbbell overhead.)

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Most CrossFit gyms offer a few free classes, an entire free week or a month-long membership for a reduced price. "Absolutely take advantage of your free classes," Arkangel says. "That's how you get..."

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