

Download Level 1 Certification Crossfit Study Guide

The Precision Nutrition Certification is your springboard to a deep understanding of nutrition, the authority to coach it, and the ability to turn what you know into results.. If you'd like to learn more, join the free presale list below. The program opens on October 2nd, 2019. But, if you're on this list, you'll save up to 33% and get the chance to enroll 24 hours early. Wow, so I have no idea where to even begin with this. If you would have told me even a year ago that I would be going through the CrossFit Level 1 Cert I would have asked you what that meant... then laughed in your face. V8.4-20190409KW 3 CrossFit Level 1 Certificate Course Participant Handbook version 8.4 (continued) 1 OVERVIEW 1.1 ABOUT CROSSFIT CrossFit is an international corporation dedicated to improving health through nutrition and exercise. The Precision Nutrition level 2 certification: Part master class, part grad program, part mentorship, it's the only course in the world designed to help you master the art of nutrition coaching, meaning better results for others and a better business for you.