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May 14, 2010 This guide is designed to be used in conjunction with our CrossFit Level 1 Trainer Course to help you develop An excellent training/reference manual.

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Level 1 Certificate Course and the Level 2 Coach s Prep Course, as well as advanced credentials such as Certified CrossFit Trainer and Certified CrossFit Coach

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Aug 01, 2013 Screaming Eagle Crossfit will be hosting a USA Weightlifting Level 1 Coaches Certification Course manual, video and one (1) year USAW membership and

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The Level 1 course is the cornerstone of the USATF Coaching Coaches who had obtained their Level 2 certification are not required to recertify a Level 1

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