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(Level 1) 2.2 Senior Coach (Level 2) 2.3 Regional Coach This is the final formalized education course within USA Weightlifting's Coaching Education curriculum.

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Jun 13, 2011 Highlights of the certification course

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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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