

# CROSSFIT PERIODIZATION

Application Form

## WHAT IS INVOLVED?

### BENEFITS FOR PARTICIPANTS

TESTING AND  
KNOWN YOUR  
FITNESS LEVEL

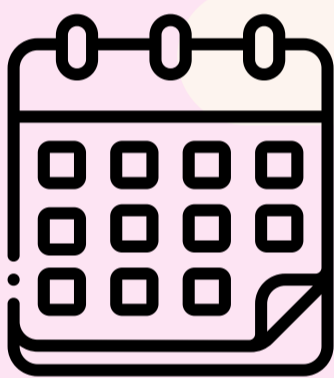
PRESCRIBED  
CROSSFIT  
TRAINING AND  
SUPERVISION

TESTING AND  
KNOW YOUR  
CROSSFIT  
PERFORMANCE



PERFORM  
"HERO" AND  
"NASTY GIRLS"  
CROSSFIT  
WODS

## HOW MANY WEEKS INVOLVES?



**9 WEEKS**

start 29/01/2024

end 29/03/2024

  
1ST WEEK  
FOR TESTING

  
3 WEEKS  
FOR CF TRAINING

  
5TH WEEK  
FOR TESTING

  
3 WEEKS  
FOR CF TRAINING

  
9TH WEEK  
FOR TESTING

## INCLUSION CRITERIA



6 MONTHS OF CROSSFIT  
EXPERIENCE AT LEAST



GYMNASTIC SKILLS  
AT LEAST 3 REPS. OF PULL UP  
AND 5 REPS. OF RING DIPS

STRENGTH LEVEL  
AT LEAST 1 REP OF PUSH JERK  
MEN:70KG // FEMALE: 47.5KG

## EXCLUSION CRITERIA



TAKE SUPPLEMENTS OR  
DRUGS THAT ENHANCE  
PERFORMANCE



HAVE PATHOLOGIES OR  
INJURIES THAT COULD  
AFFECT