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CrossFit Overview: Systematic Review And Meta-analysis

Exercises Are Executed Quickly, Repetitively, And With Little Or No Recovery Time Between Sets [4]. With The Focus On Constantly Varying Functional Movements, CrossFit Training Uses The Main Elements Of Gymnastics (e.g., Handstand And Ring Exercises), Weightlifting Exer-cises (e.g., Barbell Squats And Presses), And Cardiovascu- Mar 1th, 2024

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