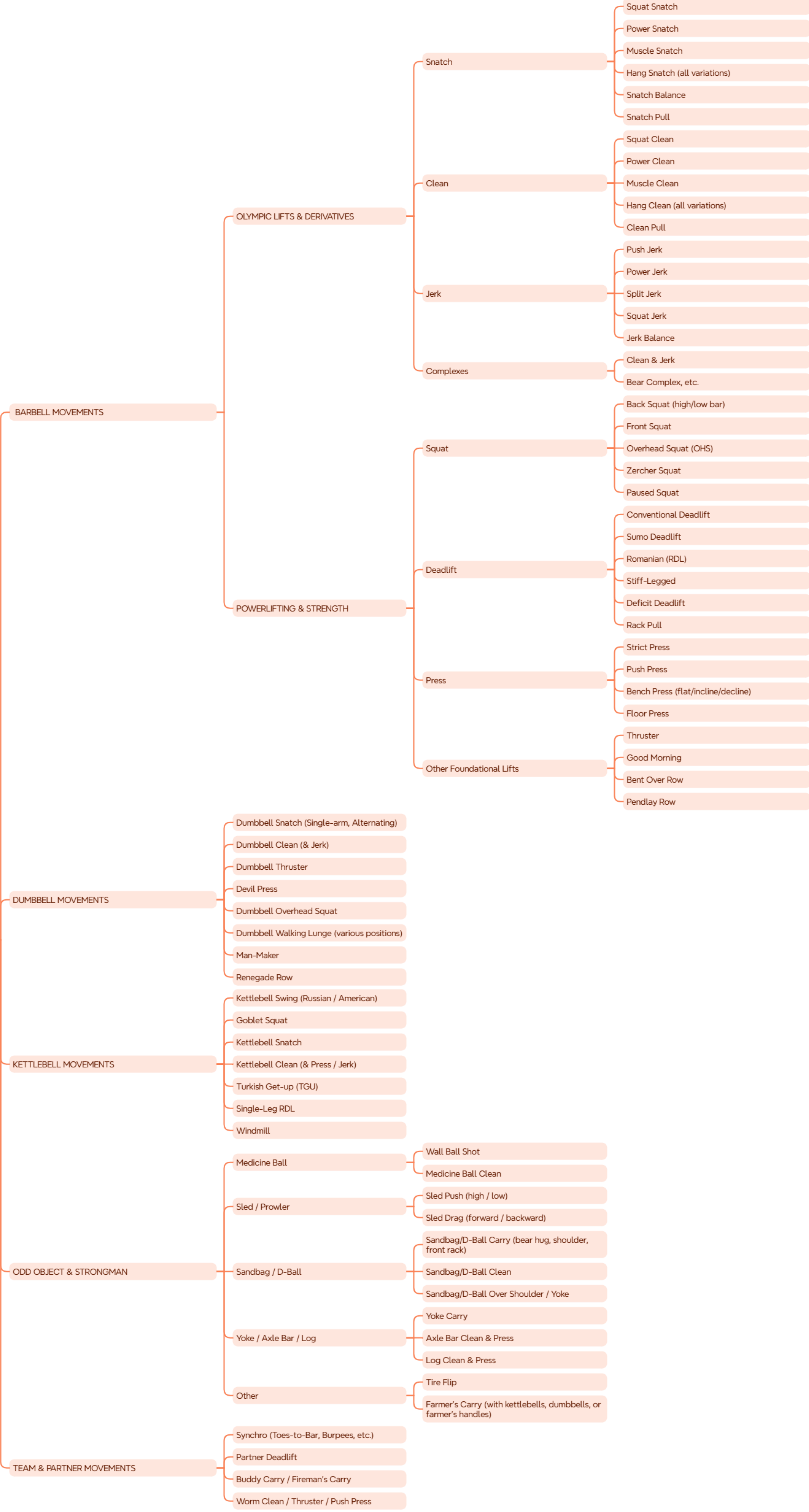
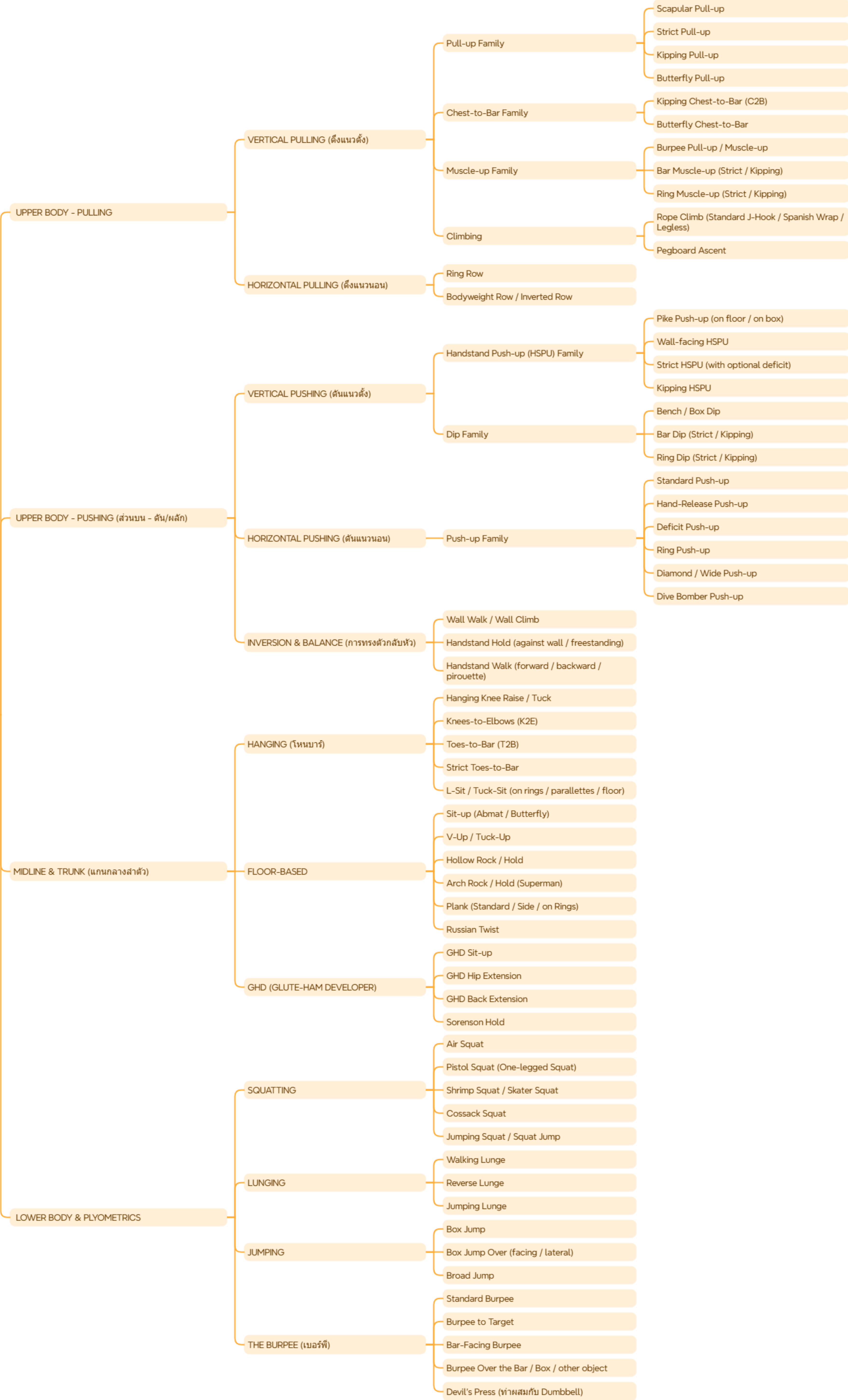


THE CROSSFIT MOVEMENT MAP

WEIGHTLIFTING & EXTERNAL OBJECTS



GYMNASTICS



MONOSTRUCTURAL / METABOLIC CONDITIONING

