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The World Of Crossfit (Dance And Fitness Trends) (Dance & Fitness Trends)



Synopsis

This contemporary title explores the CrossFit trend in today's health-oriented world. The young reader is exposed to the history and founding of the company, philosophy, types of exercises, and workout routines, and is encouraged to draw conclusions as to the appropriateness of the activity in his or her life. The reader is introduced to CrossFit-specific vocabulary (WOD, box, AMRAP), and is encouraged to critically analyze the usefulness of CrossFit. Safety issues are presented where appropriate. The World of CrossFit title satisfies many of the Common Core specific goals, higher level skills, and progressive strategies for middle grade and junior high level students.

Book Information

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