

The book was found

# 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

Series: Dance & Fitness Trends

Library Binding: 48 pages

Publisher: Mitchell Lane Publishers (August 15, 2014)

Language: English

ISBN-10: 161228552X

ISBN-13: 978-1612285528

Product Dimensions: 0.2 x 6.5 x 9.2 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,542,326 in Books (See Top 100 in Books) #41 in Books > Teens > Art, Music & Photography > Performing Arts > Dance #46 in Books > Teens > Personal Health > Fitness & Exercise #421 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

[Download to continue reading...](#)

The World of Crossfit (Dance and Fitness Trends) (Dance & Fitness Trends) African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) Coin World 2014 Guide to U.S. Coins: Prices & Value Trends (Coin World Guide to Us Coins, Prices & Value Trends) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone who's done it. Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less - from someone who's done it Let's Dance: The Complete Book and DVD of Ballroom Dance Instruction for Weddings, Parties, Fitness, and Fun Nursing Today: Transition and Trends, 8e (Nursing Today: Transition & Trends (Zerwekh)) FASHION TRENDS:London Look Of the 60's: COLORING BOOK (Fashion Trends: Series)

(Volume 1) How to Dance: Learn How to Line Dance, Belly Dance, Ice Dance and More Dance and Music: A Guide to Dance Accompaniment for Musicians and Dance Teachers The Square Dance and Contra Dance Handbook: Calls, Dance Movements, Music, Glossary, Bibliography, Discography, and Directories Foxtrot: Learn To Dance The Foxtrot In No Time (Dance Acceleration Learn To Dance Book 1) The Dance Fairies Boxed Set (7 Books) (Rainbow Magic, #1: Bethany the Ballet Fairy; #2: Jade the Disco Fairy; #3: Rebecca the Rock 'n' Roll Fairy; #4: Tasha the Tap Dance Fairy; #5: Jessica the Jazz Fairy; #6: Serena the Salsa Fairy; #7: Isabelle the Ice Dance Fairy) Tap Dancing (Dance, Dance, Dance) The Tastemakers: Why We're Crazy for Cupcakes but Fed Up with Fondue (Plus Baconomics, Superfoods, and Other Secrets from the World of Food Trends) TRENDS 2016: Insights, Inspiration & Innovation to Keep Your Business Growing and Relevant in a New World of Opportunities Future Smart: Managing the Game-Changing Trends that Will Transform Your World Profiting from the World's Economic Crisis: Finding Investment Opportunities by Tracking Global Market Trends Studying Dance Cultures around the World: An Introduction to Multicultural Dance Education Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series)

[Dmca](#)