
My Workout Journal Fitness 6 X 9 50 Daily Workout Logs

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SCALING CROSSFIT WORKOUTS

pathways, see the October 2002 CrossFit Journal article "What Is Fitness?") This is, however, a nuanced consideration For example, heavy loads in volume tend to slow output, creating a mix of aerobic and ATP/CP training and reducing time spent in the glycolytic pathway Consider this workout: 21-15-9 reps of: Deadlifts 355/235 lb