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A Masters Athlete's Guide to Competing || Chasing Excellence with Ben Bergeron || Ep#052 von Ben Bergeron vor 2 Jahren 30 Minuten 13.954 Aufrufe In this episode: We're talking about strategies for maximizing the competitive career of a master's athlete. Show , Notes , : 01:45 - The ...

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David Diamond on Deception in Cholesterol Research: Separating Truth From Profitable Fiction von CrossFit® vor 1 Jahr 1 Stunde, 5 Minuten 55.207 Aufrufe I want to show you how we are deceived,” Dr. David Diamond told the audience at the 2019 , CrossFit , Health Conference.

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I Tried The 7-Minute Workout For A Month — Here's What Happened von Tech Insider vor 3 Jahren 2 Minuten, 57 Sekunden 4.289.996 Aufrufe The 7-minute workout is a science-backed circuit routine that uses only body weight. The high-intensity interval-

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training program ...

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The surprisingly dramatic role of nutrition in mental health | Julia Rucklidge | TEDxChristchurch von TEDx Talks vor 6 Jahren 17 Minuten
1.701.944 Aufrufe NOTE FROM TED:
Please consult with a mental health professional and do not look to this talk for medical advice as the ...

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CROSSFIT CERTIFICATION | Level 1 - Why I Chose This Over Other Certifications von Bentley Gray vor 8

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Monaten 8 Minuten, 12 Sekunden 414
Aufrufe Reflecting on my one year
anniversary of taking my , Crossfit
Level , 1 Certification (L1).

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How to Become a CrossFit Level 3
Trainer von Coach Tom Regier vor 11
Monaten 6 Minuten, 43 Sekunden 171
Aufrufe Hey everyone! I will be
documenting my journey as I work
towards becoming a , CrossFit Level ,
3 Trainer (Certified , CrossFit ,
Trainer ...

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