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## Crossfit Scaling Guide

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EPISODE 14 WOD Scaling Options - Rope Climbs ~~How To Do Strict Pull-ups For CrossFit® (How To Increase Pull-up Strength)~~ VLOGMAS Ep 18: Toes 2 Bar Tutorial, Progressions, /u0026 Modifications! Day 1 | ~~30 Minute at Home Strength Workout | Clutch Life: Ashley Conrad's 24/7 Fitness Trainer~~ Crossfit Scaling Guide

Thankfully, the question throughout most of the CrossFit community is not whether scaling is an appropriate tactic but how it is best employed.

There are some general recommendations that can help guide both trainer and athlete, but first, it is important to have a clear sense of what scaling is and is not.

CrossFit | Professional Training: Scaling, Part 1

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CrossFit Scaling Tips for Beginners. Shoot for the middle of the pack; you don ' t need to win the workout to experience intensity. Author: Logan Gelbrich, CCFT. Updated: May 12, 2017. Original: Nov 3, 2016. When jumping into CrossFit for the first time, you ' re going to be doing a great deal of scaling.

## CrossFit Scaling Tips for Beginners - The Box

Scaling CrossFit Workouts. By Jeremy Gordon, CF-L4. In Coaching, CrossFit. October 05, 2015. Jeremy Gordon shares scaling strategies to help coaches ensure their athletes are getting exactly what they need from each session. “ Ahead of efficacy is safety. ” —Greg Glassman, CrossFit Inc. Founder and CEO. Safely scaling workouts for a wide range of athletes

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without sacrificing attention to non-scaled athletes—it ' s an essential CrossFit coaching skill.

## Scaling CrossFit Workouts by Jeremy Gordon, CF-L4 ...

Beginner's Guide What is Scaling in CrossFit? Scaling allows any athletes to complete the same workout, regardless of ability, simply by altering the weights and movements in order to produce the same level of intensity. Every beginner in CrossFit hears the word scale.

## What is Scaling in CrossFit? | BOXROX

This guide, and others like them, are just fine. But you only need to match the time domains, or work-rest intervals, to derive the same stimulus across modalities. Your heart, lungs

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and mitochondria don't know what an "erg" or a "bike" is.

## Ultimate Scaling Guide : crossfit - reddit

AMRAP :75 sit ups. If you get 40 before time is up, move on to....

AMRAP :60 double under attempts. If you get 30 before time is up, move on to.... AMRAP :60 sit ups. If you get 30 before time is up, move on to....

AMRAP :45 double under attempts. If you get 20 before time is up, move on to.... AMRAP :45 sit ups.

## How to Scale CrossFit WODs for Measurable Improvements ...

Pregnancy: A Practical Guide for Scaling CrossFit has the proven ability to deliver world-class fitness to all—including women who are pregnant. As coaches, it is our

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responsibility to bring the workout to life for every athlete who comes to our classes, and this is done by scaling the workout.

Article - CrossFit: Forging Elite Fitness

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Bodybuilding.com Socialite vilified after Everest catastrophe breaks silence —

20.4 CrossFit - It's Chipper Time | WODprep Why I Stopped Doing CrossFit - 12 Minute Athlete MASTERS TRAINING GUIDE - CrossFit

Crossfit Scaling Guide - jenniferbachdim.com

We have a growing body of empirical



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data that shows that CrossFit applied with appropriate scaling is a very effective method for training the older athlete and unlocking the benefits of active aging. The CrossFit Games provides us with compelling data that demonstrates that older athletes can get fitter and stronger despite getting older.

MASTERS TRAINING GUIDE - CrossFit  
CROSSFIT JOURNAL | 1 Movement Modification and Scaling Options  
Notes Running • 200-m sled drag with 25-45 lb. to replace 400-m run. Sled straps on shoulders. • Sled push. Use weight that makes for about a 2-minute effort. • Row 500 m. • AirBike 0.4-0.6 miles. The sled, erg and AirBike will decrease impact that is often uncomfortable-

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By Nicole Christensen, CF-L4  
Pregnancy: A Practical Guide ...  
CrossFit

## CrossFit

Crossfit Scaling Guide scaling guide below. Note that some of the “ free ” ebooks listed on Centsless Books are only free if you ’ re part of Kindle Unlimited, which may not be worth the money. Crossfit Scaling Guide that shows that CrossFit applied with appropriate scaling is a very effective method for training the older Page 3/23

## Crossfit Scaling Guide - modularscale.com

As fun and exciting as that sounds, here are some guidelines for a more practical approach and useful guide to scaling. For conditioning WOD ’ s,

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power output is key, this means your total power output over the course of a workout or the equation:  $\text{power} = \text{work} / \text{time}$ .

## Trainer ' s Talk – A How To Guide for Scaling WODs ...

Crossfit Scaling Guide As recognized, adventure as without difficulty as experience just about lesson, amusement, as with ease as arrangement can be gotten by just checking out a books crossfit scaling guide after that it is not directly done, you could say yes even more around this

## Crossfit Scaling Guide - logisticsweek.com

Overview. The Scaling Course reinforces the skills a CrossFit trainer will use when modifying workouts for

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their athletes. This course includes information on scaling for beginners, intermediate CrossFitters, advanced CrossFitters, former athletes from other disciplines and those with injuries. Each module includes test scenarios that will challenge and refine the trainer's ability.

## Scaling Course - CrossFit Online Courses

6 Important Scaling Tips for Crossfit Beginners. Crossfit can be daunting at first, but these 6 tips will help you to scale workouts and get the maximum fun and output. Everybody who starts Crossfit begins with a different types of experience and levels of fitness. A big advantage of Crossfit is that everybody can join and scale their workout individually, so everybody is challenged but never over challenged.

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## 6 Important Scaling Tips for Crossfit Beginners | BOXROX

Online Library Crossfit Scaling Guide

Functional fitness is a method of training whose goal is to forge overall fitness — from strength, power and speed to cardiovascular endurance — by incorporating a high-intensity blend of Olympic lifting, gymnastics, bodyweight exercises,

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Firebreather Fitness is Greg Amundson ' s program to help you get into the best shape of your life—physically, mentally, and spiritually. Former SWAT officer, DEA Special Agent, U.S. Army Captain, and

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founding CrossFit athlete and coach, Greg Amundson is a globally recognized leader in functional fitness conditioning and anti-inflammatory foods and diet. Known as CrossFit 's " original firebreather " , Amundson shares his secrets, advice, and the experiences that helped him forge his Firebreather Fitness—a fitness of body, mind, and spirit. Amundson ' s Firebreather Fitness program will help you align your physical, mental, and spiritual training so you can gain strength, unlock potential, and live a high-performance, super-healthy life. Firebreather Fitness includes · Integrated 21-day training programs that include innovative workouts, key mental drills, and warrior yoga to get you into top condition · Performance standards that keep your workouts challenging—and let you compete



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with athletes on your level · More than 40 exercises with clear technique photographs and advice · Scaling options to make workouts easier or harder, depending on your level of fitness It takes more than a hard body to excel at work, in the gym, and in life. Firebreather Fitness folds in the cutting-edge mental toughness training and time-tested spiritual practices that guide Amundson and the athletes he coaches. Amundson ' s smart and effective guides to goal-setting, pain tolerance, honing purpose and focus, and exerting control over your mental state offer invaluable tools to help meet any challenge. Packed with practical advice, vetted training methods, and Amundson ' s guided workout programs, Firebreather Fitness is a must-have resource for athletes,

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**《Inc.》雜誌評選為年度最佳行銷書 不論你是主管還是初入職場，是工程師還是行銷人員，現在想要達成成長目標，人人都需要具備的能力，就是成長駭客行銷思維！你一定知道推特、臉書、Dropbox、Snapchat、Evernote、Instagram、Uber、Airbnb，他們幾乎不做廣告、初期沒有媒體加持，但卻能飛速竄**

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升到人人熟知，他們運用的思維，就是成長駭客行銷！終極目標，是打造能自動運作、成長的行銷機器，快速接觸數百萬人。從矽谷開始，具備成長駭客思維是現在最搶手的混血行銷人才！他們結合網路能力、設計思維、與了解消費者心理，不像傳統行銷追求最多人看見的廣告、華而不實的活動，他們不在乎沒資源，不怕從不起眼的小處著手，但是持續從客戶回應中加入行銷概念，參與產品設計與優化，他們發揮創意、跳脫框架思考，謹慎運用相對有限的資源，鎖定「追求成長為最高目標」，透過不斷測試，找到瘋狂集客的引爆點。本書拆解成長駭客行銷的4大關鍵步驟，把錯綜複雜的成長駭客行銷技術、觀念整理成易懂、易讀的濃縮精華，任何想持續成長的企業都能從中獲取靈感，掌握新世代的行銷概念：．成長駭客行銷的重點在心態，而非工具．凡是擴大接觸、推動業務成長的事，都是行銷．人人都是自媒體的年代，滿意的

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客戶本身就是行銷武器，以更科學、更能衡量的方法專注贏取顧客，專注Who與Where，而非品牌認知。本書呈現成長駭客的作法，讓你了解為何這是未來趨勢，他們如何滲透新一代的企業、由下而上重塑行銷、公關與廣告，對行銷專業帶來巨大衝擊。不只是行銷專業，只要想要找到突破性增長點，這本書就是幫你掌握關鍵的必讀之作！

試讀口碑回響 (按筆畫排序) 「從行銷高手的角度來理解成長駭客，是行銷人很好的成長駭客入門指南。」 - Miula

Miula觀點網站 「整本書強調成長駭客的心態與創意，做生意最難的就是找到對的產品，跟找到對的顧客，小小一本書很容易看完，每個做行銷、銷售的人都可以買一本為自己補充腦容量。」 - MOCOO LEE MOCOO LEE 粉絲團

「在現今這個虛實錯綜的數位時代，沒有任何一個創業家敢小覷網路的威力，也唯有在傳統行銷跟數位行銷雙管齊下，才能獲得最佳的集客效果，所以懂得

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『將大量的人流(網站流量)帶進來，並且完美地轉換成金流(高轉換率)』的成長駭客(Growth Hacker)，將成為每個創業者學習的典範！」 - 王紹宇 創業策略家暨商管部落客(蒼蠅頭。小資家)「先看完這本，你才有資格談什麼叫《成長駭客行銷》。」 - 邱煜庭 網路行銷零元本舖部落格「我認為好的行銷書籍「理論架構」與「實例應用」必須兼備，但《成長駭客行銷》一書更超過我對行銷書籍的期待：不僅讓初次接觸該議題的讀者掌握當前第一線的成長駭客思維與成功案例，作者更在書中詳盡地分享在出版過程中，充分運用內容所介紹的成長駭客行銷原則、並獲得成功，使這本書對於實際從事行銷工作者有更高的參考價值。」 - 陳子恩 (Freddy) Freddy Business Note 商業筆記「一本淺顯易讀的成長駭客入門書。行銷人，偶爾換顆工程師的腦袋！」 - 張凱迪(KD Chang) echBridge 技術日報創始人, Co-

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Founder 網誌站長「事業高效成長的秘訣，就在《成長駭客行銷》裡。讓本書助您一臂之力，猴來居上！」 - 鄭緯筌 (Vista)

臺灣電子商務創業聯誼會理事長  
各界推薦「成長駭客將全面攻佔行銷副總職缺，本書能告訴各位如何變身。」— 陳安卓 (Andrew Chen)，矽谷創業家、專欄作家、新創事業顧問「這本書對行銷主管來說有如當頭棒喝，也是工程師、資訊人員、企業創辦人和設計師不能錯過的教學指南。」— 波特·蓋爾 (Porter

Gale)，前維珍航空行銷副總，  
《你的人際網絡就是你的淨值》  
(Your Network Is Your Net Worth) 作者「終於有人用簡單易懂的方法具體解釋成長駭客行銷了，更棒的是，還有策略實例可供應用。」— 艾力克斯·科欽斯基 (Alex Korchinski)，Scribd成長駭客「霍利得混合馬基維利和奧格威的風格，再加

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上實質成績 這個少年英雄是你前所未聞的秘密武器。」—提摩西·費里斯 (Timothy Ferriss) , 《每週工作4小時》(The 4-Hour Workweek) 作者「霍利得充分掌握成長駭客的心態, 讓行銷人一睹其中奧妙, 不論公司規模是大是小。讀完這本書卻不見成效, 表示你的產品一定有問題。」— 尚恩·艾利斯 (Sean Ellis) , 最先提出「成長駭客」一詞, 曾協助 Dropbox 和 Eventbrite 駭客行銷, Qualaroo 創辦人「霍利得的策略和戰術, 能協助追求成長的精實創業家熟稔行銷和成長的藝術。」— 派崔克·沃拉斯科維茨 (Patrick Vlaskovits) , 《精實創業家》(The Lean Entrepreneur) 共同作者「了解成長駭客行銷, 霍利得這本新書是必讀佳作!」— 德瑞克·哈爾彭 (Derek Halpern) , SocialTriggers.com 創辦人「霍利得這本書漂亮地完成了十分困難之事。他將錯綜複雜的成長駭

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客行銷精簡濃縮，把你非知道不可的事情整理成入門導讀。成長駭客重新定義行銷，而霍利得的書幫你搶佔先機。」

— 艾倫·金恩 (Aaron Ginn) ,  
StumbleUpon 成長駭客

DIVThis book from Matt B. Davis offers a down-and-dirty overview of the most popular races before tackling the most important concerns for any racer: preparation and training. /div

The beauty of obstacle course racing is that it gets you out of your everyday routine and lets you experience life. If you are stuck in a cubicle or trapped in an urban jungle—congested traffic and crowds are your daily obstacles. Running an obstacle course race gives you the chance to get back to nature—to roll in it, get dirty, and tap into your



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primal self so you can experience life—in the raw, unedited and real. Margaret Schlachter, the creator of "Dirt In Your Skirt" blog, is one the leading competitors in obstacle course racing today. She put together this simple guide to make your obstacle race experience everything it's supposed to be—a test of your true self. She describes first-hand her training methods in learning to climb a rope, scale a wall, flip a tire, throw a spear, and carry a sandbag. More importantly, she provides guidance on how to get yourself mentally and spiritually prepared for the big day—and how to dig deep within yourself during a race to find the last ounce of strength to carry you across that finish line. Every weekend thousands of competitors run obstacle races all over the world. Winning or

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losing is secondary. More important for them is the ability to meet the physical and mental challenges and achieve personal success by completing the race. Obstacle Race Training is an invaluable resource that enables every competitor to experience their maximum level of success.

殿堂級科幻經典神作，千呼萬喚重譯本 電影《銀翼殺手》《銀翼殺手2049》靈感起源，吳明益指定愛書、專文導讀  
菲利普狄克信託．權威審定譯本  
雷利史考特、諾蘭兄弟、J. J.亞伯拉罕、押井守、華卓斯基姊妹……這個故事深深影響他們 菲利普．狄克藉由作品為自己創造出了一個時間尺度異常大的人生，也給了讀者一雙穿越時間的人性

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之眼。東華大學華文系教授吳明益在越來越接近《銀翼殺手》所設定的年代重讀這本書，除了印證某些預言成真，更讓人讚嘆的，還是作者以類型包裝人性、倫理、科技與哲學的筆鋒，入木三分。當然，搬上銀幕後的風風雨雨，更讓原著益發傳奇。

資深影評人聞天祥 本書最早於1968年出版，陰森地預言著未來，時至今日仍是一部走在時代前面的傑作。殺手不該同情獵物，只一個藉口就能出手，不浪費任何情緒。2021年1月3日，賞金殺手狄卡德的待辦事項奉命追捕逃跑的人造「仿生人」出手之前，他必須對仿生人進行「共感測驗」，以免誤殺人類。2021年，數百萬人命喪世界大戰，人類瀕臨滅絕，倖存者遠離地球，留下來的無不渴望擁有一隻生物，而負擔不起的人，廠商提供幾可亂真的仿冒品，有馬，有鳥，有貓，還有羊……他們甚至做出仿生人。這些仿生人製作之精巧，簡直難辨真偽，

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但只有移居火星的人才能擁有。政府深怕人造人帶來浩劫，禁止它們來到地球。瑞克·狄卡德是官方核准的賞金殺手。他的工作是找到逍遙法外的仿生人，將它們「除役」。然而，狄卡德這次奉命追殺的6名新型仿生人，卻讓他對人性、道德、同理等概念產生了巨大的困惑。他只能靠分辨同理心的「共感測驗」來判別仿生人與真人，心中卻升起不安的顫慄。因為就連他自己，都可能無法通過這項測驗。

仿生人會夢想擁有電動羊嗎？……瑞克之前從沒想過這一點。他對被自己除掉的人從來沒有一絲同情。不論是在內心深處還是在理智上，他總以為自己全心全意地將仿生人視為一種智慧型機器。評論電影《銀翼殺手》本身就是經典中的經典，若論故事性，原著小說有過之而無不及。主角狄卡德不再是單身，而是結了婚，但太太沉迷神秘宗教……這是狄卡德更有血有肉，情節更飽滿的版本。香港科幻作家

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譚劍 現實的世界變得越來越像菲利普·狄克數十年前的預言時，他的小說開始越來越被重視、越來越多人閱讀、越來越常被提及討論，也有越來越多的讀者將他當年的奇思怪想轉換、消化，用來面對現今似乎同菲利普·狄克故事一樣光怪陸離的世界。文字工作者臥斧 菲利普·狄克的腦袋彷彿一座風車，風車上用鋼琴線掛了一面發皺的鏡子，鏡子前是一條霓虹燈管。他對社會的不滿就是經由這條霓虹燈管，以扭曲而絢爛的折射手法，從字裡行間透露出來。美國科幻新浪潮旗手羅傑·澤拉茲尼（Roger Zelazny）通俗小說版的卡夫卡，一部預言之書。《紐約時報》艾瑞克·納許（Eric P. Nash） 菲利普·狄克看到了其他作家避而不看的所有可能——有閃閃發光的可能，也有駭人聽聞的可能。《滾石雜誌》保羅·威廉斯（Paul Williams）如果七、八十年代……屬於威廉·布洛斯（William Burroughs），千禧年

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就是屬於菲利普·狄克的。 《細節雜誌》艾瑞克·戴維斯 (Erik Davis) 作者簡介 扭轉好萊塢眼界的科幻界唐吉訶德·科幻小說殿堂級大師 菲利普·狄克 Philip K.

Dick (1928-1982) 1928年出生於芝加哥，大半輩子都在加州度過，曾短暫就讀加州大學，但在完成學位之前就中途輟學。1950年代崛起於科幻小說界，並發展出迥異於多數作家的獨特風格。1962年《高堡奇人》(The Man in the High Castle) 贏得美國科幻小說界著名的雨果獎，並於2015年改編為電視影集；《員警說：流吧！我的眼淚》(Flow My Tears, the Policeman Said) 贏得1974年約翰·坎貝爾紀念獎。1982年，導演雷利史考特將其長篇小說《銀翼殺手》改編成科幻經典電影。1982年，在電影上映前夕，狄克因中風導致心臟衰竭，逝於加州聖塔安娜。但一生潦倒的他，才正要開始影響世界。狄克的作品有25部改編為電影，至200

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9年已累積約10億美元的票房收入，知名的有《銀翼殺手》《魔鬼總動員》《關鍵報告》《命運規畫局》《攔截記憶碼》等。受到他作品概念影響的，更是不計其數，包括《未來總動員》《駭客任務》《王牌冤家》《全面啟動》《極光追殺令》等，就連《愛在黎明破曉時》導演都改編過他的作品。奇幻教母勒瑰恩跟他是高中同學，但兩人當時不認識，後來彼此因為寫作出版相熟，勒瑰恩一直支持擁護他，甚至稱他是「美國土生土長的波赫士」。隨著受狄克啟發而備受期待的電影《銀翼殺手2049》登場，他的影響力在當代持續發威，目前他的短篇小說也正改編為影集《電子夢：菲利普·狄克的世界》(Philip K. Dick's Electric Dreams)。譯者祁怡瑋 英國格拉斯哥大學創意寫作碩士，曾任職於學校、出版社，現從事中英文筆譯工作。譯有《八百萬種走法：一個小說家的步行人生》《禁忌之子》《不同版本的我們》等。

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