

CrossFit Practice Test Questions and Answers

1. What are the three main energy systems targeted in CrossFit training?

- A) Strength, endurance, and flexibility
- B) Phosphocreatine, glycolytic, and oxidative
- C) Upper body, lower body, and core
- D) Cardio, weights, and stretching

2. What does "AMRAP" stand for in CrossFit terminology?

- A) All Major Repetitions and Pounds
- B) As Many Rounds As Possible
- C) Advanced Movement Requirement Assessment Program
- D) Athletic Movement Rehabilitation and Performance

3. Which movement is considered a fundamental CrossFit exercise for posterior chain development?

- A) Bicep curls
- B) Deadlift
- C) Chest press
- D) Leg extensions

4. What is the recommended approach for scaling CrossFit workouts for beginners?

- A) Use the same weights as advanced athletes
- B) Modify load, range of motion, and complexity appropriately
- C) Skip workouts entirely until fit enough
- D) Only do cardio exercises

Answers: 1-B 2-B 3-B 4-B

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