



CrossFit

CERTIFIED
CROSSFIT
TRAINER

STUDY MATERIAL REFERENCE LIST



ISO/IEC 17024
Personnel Certification
Program
#0994

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The CCFT examination tests the proficiency of an experienced trainer's skill and knowledge across a broad range of CrossFit and fitness-related topics. The CCFT Study Material is based on the Content Outline and provides a Reference List that will help prepare candidates for the exam.

Using the Content Outline

The Certified CrossFit Trainer examination conforms to a Content Outline based on a formal practice analysis of CrossFit Trainers.

There are six domains that make up the Content Outline:

1. Screening and Ongoing Assessment
2. Programming
3. Teaching
4. Coaching
5. Nutrition and Lifestyle
6. Class Management and Professional Responsibilities

Each domain has tasks (or functions) within it that are required of an effective trainer. Each task has abilities (or skills) needed to accomplish that task, and knowledge required to demonstrate that ability. The Content Outline can serve as a guide in preparation for the exam. Candidates can assess their readiness for the exam by evaluating:

- their ability to demonstrate the skills in their regular coaching practice; and
- their knowledge relative to that which is listed.

Using the Reference List

The Study Material Reference List is organized with the core Training Guides at the beginning followed by the remaining entries in alphabetical order and grouped by Primary Domain. Each entry is followed by applicable exam domains. In many cases, a single reference covers multiple domains. The Primary Domain indicates the exam domain where the material is most relevant.

For example, consider the following reference:

Fundamentals, Virtuosity, and Mastery An open Letter to CrossFit Trainers. (PDF)

Glassman G. 2005 (Aug.)

<https://journal.crossfit.com/article/fundamentals-virtuosity-and-mastery-an-open-letter-to-crossfit-trainers>

D1 **D2** **D3** **D4**

CCFT STUDY MATERIAL OVERVIEW, continued

This article is listed under the grouping **Primary Domain: TEACHING** (**D3**), therefore, it is most relevant to domain D3. (**D3**), However, it contains information that applies to the four domains listed:

- Screening and Ongoing Assessment/Domain 1 **D1**
- Programming/Domain 2 **D2**
- Teaching/Domain 3 **D3**
- Coaching/Domain 4 **D4**

DOMAIN KEY

D1 Screening and Ongoing Assessment

D2 Programming

D3 Teaching

D4 Coaching

D5 Nutrition and Lifestyle

D6 Class Management and Professional Responsibilities

ALL DOMAINS

CrossFit Kids Training Guide & Workbook

<https://journal.crossfit.com/article/specialty-course-kids-training-guide>

D1 **D2** **D3** **D4** **D5** **D6**

CrossFit Level 1 Training Guide

<https://journal.crossfit.com/article/training-guide-compiled>

D1 **D2** **D3** **D4** **D5** **D6**

CrossFit Level 2 Training Guide & Workbook

<https://journal.crossfit.com/article/level-2-training-guide-and-workbook>

D1 **D2** **D3** **D4** **D5** **D6**

CrossFit Masters Training Guide & Workbook

<https://journal.crossfit.com/article/specialty-course-masters-training-guide>

D1 **D2** **D3** **D4** **D5** **D6**

Primary Domain: SCREENING AND ONGOING ASSESSMENT (**D1**)

A Language to Diagnose With Kelly Starrett: Part 7. (VIDEO) Starrett K. 2011 (Dec.)

<https://journal.crossfit.com/article/a-language-to-diagnose-with-kelly-starrett-part-7>

D1 **D3**

A Metabolic Analysis of CrossFit's Elite: Part 2. (VIDEO) Various. 2012 (Nov.)

<http://journal.crossfit.com/2012/11/pepperdineparttwo.tpl>

D1 **D2** **D3**

Acute Exertional Compartment Syndrome with Rhabdomyolysis: Case Report and Review of Literature. (Weblink) McKinney B. et al. 2018 (Feb.)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5813520/>

D1 **D6**

Aging, Performance and Health. (PDF) Kilgore L. 2015 (Nov.)

<https://journal.crossfit.com/article/cf-aging-performance-and-health>

D1 **D2** **D4**

Coaching the Mental Side of CrossFit. (PDF) Amundson G. 2010 (July)

<https://journal.crossfit.com/article/coaching-the-mental-side-of-crossfit>

D1 **D4**

Competing With Diabetes - and Winning. (VIDEO) Rodriguez S. 2010 (Nov. 5)

<https://journal.crossfit.com/article/competing-with-diabetes-and-winning>

D1 **D4** **D5**

CrossFit Training During Pregnancy & Motherhood. (PDF) Perkins C. & Dewalt H. 2011 (Sept)

<https://journal.crossfit.com/article/crossfit-training-during-pregnancy-and-motherhood>

D1 **D2** **D4**

Dissecting the Squat. (PDF) Long Z. 2015 (Oct. 13)

<https://journal.crossfit.com/article/cf-dissecting-the-squat>

D1 **D3** **D4**

Don't Waste The Warm-Up. (PDF) Warkentin M. 2017 (Oct. 5)

<https://journal.crossfit.com/article/warmup-warkentin-2>

D1 **D2** **D3** **D4** **D6**

Evidence-based risk assessment and recommendations for physical activity clearance:
Consensus Document 2011. Warburton D et al. 2011 (Jul.)

<http://www.nrcresearchpress.com/doi/pdf/10.1139/h11-062>

D1

Healing Tissue. (VIDEO) Starrett K. 2009 (July 26)

<https://journal.crossfit.com/article/tissue-healing-phases>

D1 **D4**

Muscle Damage and Soreness. (PDF) Webster T. 2008 (Nov. 5)

<https://journal.crossfit.com/article/muscle-damage-soreness-overview>

D1 **D6**

Pre-Participation Screening. (VIDEO) Ray M. 2009 (June 3)

<http://journal.crossfit.com/2009/06/pre-participation-screening.tpl>

D1

CCFT STUDY MATERIALS, continued

Shoulder Impingement. (VIDEO) Starrett K. 2009 (May 15)

<https://journal.crossfit.com/article/shoulder-impingement>

D1 **D3** **D4**

The Measure of Man. (PDF) Kilgore L. 2008 (July 1)

<https://journal.crossfit.com/article/the-measure-of-man>

D1 **D3**

The Mind Game. (PDF) Shrago S. 2010 (March)

<https://journal.crossfit.com/article/the-mind-game-2>

D1 **D4**

Why use a training log? (PDF) Harrison G. 2011 (July)

<https://journal.crossfit.com/article/why-use-a-training-log-2>

D1 **D2** **D4**

The back squat: A proposed assessment of functional deficits and technical factors that limit performance. (PDF) Meyer G., Kushner A. et al. 2014 (Dec)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4262933/pdf/nihms639095.pdf>

D1 **D3** **D4**

Primary Domain: PROGRAMMING (**D2**)

A Deft Dose of Volume. (PDF) Hobart J. 2016 (March)

http://library.crossfit.com/free/pdf/CFJ_2016_02_Volume_Hobart.pdf

D1 **D2** **D3** **D4**

A Theoretical Template For CrossFit's Programming. (PDF) Glassman G. 2003 (Feb.)

<https://journal.crossfit.com/article/a-theoretical-template-for-crossfits-programming-2>

D2

Adaptation for Fitness. (PDF) Kilgore L. 2010 (Jan. 19)

<https://journal.crossfit.com/article/adaptation-for-fitness>

D2 **D3**

Benchmark Workouts. (PDF) Glassman G. 2003 (Sept. 1)

<https://journal.crossfit.com/article/benchmark-workouts-2>

D2

CCFT STUDY MATERIALS, continued

Conjugate CrossFit. (PDF) Mason C. 2010 (Nov.)

<https://journal.crossfit.com/article/conjugate-crossfit>

D2

Dissecting the Fish: Plotting Progress in Multi-Modal Training. (PDF) Kilgore L. 2008 (May)

<https://journal.crossfit.com/article/dissecting-the-fish-2>

D2

D3

End of the Line. (PDF) Mason C. 2010 (Sept. 24)

<https://journal.crossfit.com/article/end-of-the-line-2>

D2

Energy System Development and Load Management through Rehabilitation and Return to Play Process. (Weblink) Morrison S. et al. 2017 (Aug.)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5534159/>

D1

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D6

Fooling Around With Fran. (PDF) Glassman G. 2005 (March 1)

<https://journal.crossfit.com/article/fooling-around-with-fran>

D2

D3

Human Power Output and CrossFit Metcon Workouts. (PDF) Leyland T. 2008 (July 1)

<https://journal.crossfit.com/article/human-power-output-and-crossfit-metcon-workouts-2>

D2

IWCABTAMD. (PDF) Dr. Platek S., Porter J., and Walters T. 2008 (July 1)

<https://journal.crossfit.com/article/iwcabtamd-2>

D2

D3

No Limits. (PDF) Cochran C. 2010 (June 21)

<https://journal.crossfit.com/article/no-limits>

D1

D2

D5

Periodizing for the Games. (VIDEO) Bergeron B. 2012 (Aug.)

<https://journal.crossfit.com/article/periodizing-for-the-games>

D2

Pregnancy: A Practical Guide for Scaling. (WEBLINK) Christensen N. 2017 (Feb. 28)

<https://journal.crossfit.com/article/cfj-pregnancy-a-practical-guide-for-scaling>

D2

D4

CCFT STUDY MATERIALS, continued

Scaling CrossFit Workouts. (PDF) Gordon J. 2015 (Oct.)

http://library.crossfit.com/free/pdf/CFJ_2015_10_Scaling_Gordon_4.pdf

D2 **D3** **D4** **D6**

The High-Performance Pregnancy. (PDF) Nitz A. 2008 (Dec.)

<https://journal.crossfit.com/article/high-performance-pregnancy-2>

D1 **D2** **D3** **D4**

The Westside Conjugate System. (PDF) Simmons L. 2011 (June 22)

<https://journal.crossfit.com/article/the-westside-conjugate-system-2>

D2

VO2 Max: Not the Gold Standard?. (PDF) Leyland T, 2006 (Dec)

<https://journal.crossfit.com/article/vo2-max-not-the-gold-standard-2>

D1 **D2** **D3**

www.crossfit.com FAQ WOD

<https://www.crossfit.com/cf/faq?q=wod>

D1 **D2** **D3** **D6**

Primary Domain: TEACHING (**D3**)

An Aerobic Paradox. (PDF) Kilgore L. 2006 (Dec. 1)

<https://journal.crossfit.com/article/the-paradox-of-the-aerobic-fitness-prescription-2>

D2 **D3**

Anatomy & Physiology Primer for CrossFit Trainers. (PDF) Kilgore L. 2015 (Dec. 15)

<https://journal.crossfit.com/article/anatomy-and-physiology-2>

D1 **D3** **D4** **D5**

Anatomy and Physiology for Jocks. (PDF) Glassman G. 2003 (Aug.)

<https://journal.crossfit.com/article/anatomy-physiology-for-jocks>

D1 **D3** **D4**

Applications of the Support on the Rings. (PDF) Hass T. 2007 (May)

<https://journal.crossfit.com/article/cfj-applications-of-the-support-on-rings>

D3 **D4**

CCFT STUDY MATERIALS, continued

Charting a Course to Intensity. (PDF) DeGain J. 2018 (Sept. 19)

<https://journal.crossfit.com/article/charter-degain>

D2 **D3** **D6**

Forcing the Issue. (PDF) Kilgore L. 2009 (Sept. 24)

<https://journal.crossfit.com/article/forcing-the-issue>

D3 **D4**

Fundamentals, Virtuosity, and Mastery An Open Letter to CrossFit Trainers. (PDF)
Glassman G. 2005 (Aug.)

<https://journal.crossfit.com/article/fundamentals-virtuosity-and-mastery-an-open-letter-to-crossfit-trainers>

D1 **D2** **D3** **D4**

Getting Inverted. (PDF) Tucker J and Hyland D. 2011 (Sept. 30)

<https://journal.crossfit.com/article/getting-inverted>

D3

Getting Some Leverage. (PDF) Kilgore L. 2010 (May 1)

<https://journal.crossfit.com/article/getting-some-leverage-2>

D1 **D3**

Handstand Push-Up-Progression With Carl Paoli: Step 2. (VIDEO) Paoli C. 2011 (Aug. 4)

<https://journal.crossfit.com/article/handstand-push-up-progression-with-carl-paoli-part-2>

D3

How to Breathe When Squatting. (WEBLINK) Horschig A. 2016 (Feb.)

<https://squatuniversity.com/2016/02/12/the-squat-fix-core-stability-proper-breathing/>

D3 **D4**

Proper Bench Technique. (VIDEO) Sweatt S. and Phelps-Sweatt L. 2011 (Dec. 27)

<https://journal.crossfit.com/article/proper-bench-technique>

D3 **D4**

Running Drills: Part 1. (VIDEO) McKenzie B. 2011 (June 22)

<https://journal.crossfit.com/article/running-drills-with-brian-mackenzie-part-1>

D3 **D4**

Running Drills: Part 2. (VIDEO) McKenzie B. 2011 (June 22)

<https://journal.crossfit.com/article/running-drills-with-brian-mackenzie-part-2>

D3

D4

Safety & Efficacy of Overhead Lifting. (PDF) Kilgore L., Rippetoe M. & Starrett K. 2008 (March 1)

<https://journal.crossfit.com/article/safety-and-efficacy-of-overhead-lifting>

D3

D4

Spine Mechanics for Lifters. (PDF) Leyland T. 2007 (Nov. 1)

<https://journal.crossfit.com/article/spine-mechanics-for-lifters-2>

D1

D3

Squatting Kinematics and Kinetics and their Application to Exercise Performance. (PDF) Schoenfield B. 2010 (Dec.)

http://www.academia.edu/23698675/SQUATTING_KINEMATICS_AND_KINETICS_AND_THEIR_APPLICATION_TO_EXERCISE_PERFORMANCE

D3

D4

The Athletic Hip. (PDF) Hollingsworth D. 2010 (Nov. 22)

<https://journal.crossfit.com/article/cfj-the-athletic-hip>

D1

D3

The Deeper Side of Coaching. (PDF) Bergeron B. 2011 (Dec. 2)

<https://journal.crossfit.com/article/the-deeper-side-of-coaching>

D3

The Glute Ham Developer. (VIDEO) Everett J. 2011 (Oct. 24)

<https://journal.crossfit.com/article/the-glute-ham-developer>

D2

D3

D4

The Scoop and the Second Pull. (PDF) Glassman G. 2006 (Jan. 1)

<https://journal.crossfit.com/article/cfj-the-scoop-and-the-second-pull>

D3

D4

What Is CrossFit? (VIDEO) Glassman G. 2009 (Nov. 28)

<https://journal.crossfit.com/article/what-is-crossfit>

D1

D2

D3

D4

Primary Domain: COACHING (D4)

Accommodating Resistance. (VIDEO) Sweatt S. and Phelps-Sweatt L. 2012 (March 25)

<https://journal.crossfit.com/article/accommodating-resistance>

D4

Building Mental Toughness. (PDF) Hermiz J. 2012 (Jan.)

<https://journal.crossfit.com/article/building-mental-toughness-2>

D1

D4

Coaches Prep Course: Macro-Micro-Macro. (PDF) Sherwood P., Carswell C., and Spealler C. 2010 (Sept. 29)

<http://journal.crossfit.com/2010/09/cpc-macromicro.tpl>

D4

Coaching the Positive. (VIDEO) Bergeron B. 2012 (July 7)

<https://journal.crossfit.com/article/coaching-the-positive>

D4

Fixing Common Rowing Errors. (VIDEO) Hammond G. 2012 (May 9)

<https://journal.crossfit.com/article/fixing-common-rowing-errors>

D3

D4

Infinity Wall Movement Library. (VIDEO) CrossFit. YouTube. 2017 (Oct. 7)

https://www.youtube.com/playlist?list=PLdWvFCOAyvr1qYhgPz_-wnCcxTO7VHdFo

D1

D3

D4

Movement 101. (PDF) Kilgore L. 2009 (Jan. 29)

<https://journal.crossfit.com/article/movement-101-2>

D1

D3

D4

Pursuit of Excellence With Greg Glassman. (VIDEO)

<https://journal.crossfit.com/article/pursuit-of-excellence-with-greg-glassman>

D4

The Emotional Bank Account. (VIDEO) Bergeron B. 2012 (June 16)

<https://journal.crossfit.com/article/the-emotional-bank-account>

D4

The Pursuit of Excellence. (PDF) Bergeron B. 2012 (Dec. 17)
<https://journal.crossfit.com/article/the-pursuit-of-excellence-2>

D4

Strategies for a Seven Minute 2K on the Concept II Rower. (PDF) Glassmen G. 2002 (Nov.)
http://library.crossfit.com/free/pdf/Row2K_Nov02.pdf

D4

Aberrant Vertebral Curves: Scoliosis. (WEBLINK) 2019 (Aug.)
<https://www.crossfit.com/essentials/aberrant-vertebral-curves-scoliosis>

D4

Primary Domain: NUTRITION (**D5**)

Beyond Calories. (PDF) Giardina M. 2018 (Jan 25)
<https://journal.crossfit.com/article/calories-giardina-2>

D5

Cancer, Carbs, and Controversy. (PDF) Saline B. 2016 (July)
http://library.crossfit.com/free/pdf/CFJ_2016_06_Cancer-Saline4.pdf

D5

How it's made: Cholesterol production in your body. (Weblink) Corliss J. 2017 (Feb.)
<https://www.health.harvard.edu/heart-health/how-its-made-cholesterol-production-in-your-body>

D5

How to Understand and Use the Nutrition Facts Label. (WEBLINK) US FDA. 2004
<https://www.fda.gov/food/labelingnutrition/ucm274593.htm>

D5

Low Carbs and Lipids. (WEBLINK) Eades M. 2008 (Jan. 7)
<https://proteinpower.com/drmike/2008/01/07/low-carbs-and-lipids/>

D5

Make Your Life Better: Get Horizontal. (PDF) Beers E. 2013 (Jan.)
<https://journal.crossfit.com/article/make-your-life-better-get-horizontal-2>

D1

D5

Milking Fact From Intolerance. (PDF) Kilgore L. 2008 (Oct. 30)
<https://journal.crossfit.com/article/milking-fact-from-intolerance-2>

D5

My Experiments With Intermittent Fasting. (PDF) Berardi J. 2011 (Dec. 9)
<https://journal.crossfit.com/article/my-experiments-with-intermittent-fasting-2>

D5

Nutrition Brief: Carbohydrate Selections. (WEBLINK) Synkowski EC. 2016 (Oct. 31)
<https://journal.crossfit.com/article/nutrition-brief-carbohydrate-selections-2>

D5

Nutrition Brief: How much Food Should I Eat? (PDF) Synkowski E.C. 2016 (Dec. 14)
<https://journal.crossfit.com/article/nutrition-brief-how-much-food-should-i-eat>

D5

Nutrition Brief: Insulin and Blood Sugar Regulation. (WEBLINK) Gary J. & Synkowski E.C. 2017 (Feb. 9)
<https://journal.crossfit.com/article/nutrition-brief-insulin-and-blood-sugar-regulation-2>

D5

Nutrition Brief: Pros & Cons of Intermittent Fasting. (PDF) Synkowski E.C. 2017 (Feb. 21)
<https://journal.crossfit.com/article/nutrition-brief-pros-and-cons-of-intermittent-fasting-2>

D5

Nutrition Data. (WEBLINK)
<https://nutritiondata.self.com/>

D5

Race-Day Fueling. (PDF) Wunderle M. 2010 (July)
<https://journal.crossfit.com/article/race-day-fueling>

D5

Simple Nutrition: Part 1. (VIDEO) Synkowski EC. 2012 (July)
<https://journal.crossfit.com/article/simple-nutrition-part-1>

D5

Simple Nutrition: Part 2. (VIDEO) Synkowski EC. 2012 (July)
<https://journal.crossfit.com/article/simple-nutrition-part-2>

D5

Simple Nutrition: Part 3. (VIDEO) Synkowski EC. 2012 (July)

<https://journal.crossfit.com/article/simple-nutrition-part-3>

D5

Simple Nutrition: Part 4. (VIDEO) Synkowski EC. 2012 (July)

<https://journal.crossfit.com/article/simple-nutrition-part-4>

D5

Simple Nutrition: Part 5. (VIDEO) Synkowski EC. 2012 (July)

<https://journal.crossfit.com/article/simple-nutrition-part-5>

D5

Statement of the Third International Exercise-Associated Hyponatremia Consensus Development Conference. (WEBLINK) 2015 (July)

https://journals.lww.com/cjsportsmed/Fulltext/2015/07000/Statement_of_the_Third_International.2.aspx

D5

Sugar Bombs. (PDF) Beers E. 2015 (July)

http://library.crossfit.com/free/pdf/CFJ_2015_07_Sugar_Beers6.pdf

D5

Vitamin D and your health: Breaking old rules, raising new hopes. (Weblink) Harvard Men's Health Watch. 2007 (Feb.)

https://www.health.harvard.edu/newsletter_article/vitamin-d-and-your-health-breaking-old-rules-raising-new-hopes

D1

D5

What Is the Glycemic Index? (WEBLINK) Eades M. 2006 (Nov. 7)

<https://proteinpower.com/blog/what-is-the-glycemic-index/>

D5

Importance of Maintaining a Low Omega-6/Omega-3 Ratio for Reducing Inflammation. (WEBLINK) DiNicolantonio J. & O'Keefe J. 2018 (Nov.)

<https://www.crossfit.com/essentials/importance-of-maintaining-a-low-omega-6-omega-3-ratio-for-reducing-inflammation>

D5

Primary Domain: CLASS MANAGEMENT AND PROFESSIONAL RESPONSIBILITIES (D6)

Blood Spill Clean-Up Procedure. (PDF) CrossFit. 2012
<http://journal.crossfit.com/2012/10/bloodspillcleanup.tpl>

D6

Day One: Screening New Clients. Kilgore L. 2017 (Aug)
<https://journal.crossfit.com/article/day-one-kilgore-2>

D1

D6

Evacuation Plans and Procedures eTool. (WEBLINK) OSHA
<https://www.osha.gov/SLTC/etools/evacuation/checklists/eap.html>

D6

Health and Safety: A Primer for CrossFit Trainers. (PDF) Kilgore L. 2018 (Jan .12)
<https://journal.crossfit.com/article/health-safety-primer-2>

D1

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Injuries among Weightlifters and Powerlifters: A Systematic Review. (PDF) Aasa U. et al. 2016 (Oct.)
<https://bjsm.bmj.com/content/bjsports/51/4/211.full.pdf>

D1

D6

Injuries and Affiliates: Have a Plan. (CFJ) Galligani C. 2017 (May)
<https://journal.crossfit.com/article/injury-galligani-2>

D1

D6

Protecting Your Business: The Waiver. (PDF) Ames M. 2010 (March 20)
<https://journal.crossfit.com/article/protecting-your-business-the-waiver-2>

D6

Recommended Practices for Safety and Health Programs. (WEBLINK) OSHA
<https://www.osha.gov/shpguidelines/education-training.html>

D6

Safety: For Athletes and Trainers. (PDF) Kilgore L. 2009 (Nov. 29)
<https://journal.crossfit.com/article/safety-for-athletes-and-trainers>

D1

D6

CCFT STUDY MATERIALS, continued

Scope of Practice - CCFT Handbook

https://assets.crossfit.com/pdfs/certifications/CCFT_CandidateHandbook.pdf

D1

D6

Skin Infections and the CrossFit Athlete. (PDF) Ray M. 2010 (Dec. 17)

<https://journal.crossfit.com/article/skin-infections-and-the-crossfit-athlete>

D6

The Role of Bench Press in Strength Training. (PDF) Starr B. 2012 (Feb.)

<https://journal.crossfit.com/article/the-role-of-bench-press-in-strength-training-2>

D3

D4

D6

USA Weightlifting Safety in Weightlifting. (PDF) USAWL

[https://www.teamusa.org/-/media/USA_Weightlifting/Documents/Weightlifting-101/](https://www.teamusa.org/-/media/USA_Weightlifting/Documents/Weightlifting-101/USA-Weightlifting-Safety-in-Weightlifting.pdf)

[USA-Weightlifting-Safety-in-Weightlifting.pdf](https://www.teamusa.org/-/media/USA_Weightlifting/Documents/Weightlifting-101/USA-Weightlifting-Safety-in-Weightlifting.pdf)

D3

D6

When You Don't Know Squat About Regulations. (CFJ) Kilgore L. 2018 (Feb.)

<https://journal.crossfit.com/article/value-kilgore-2>

D6

Where Barbells Come From. (PDF) Mitchell M. & Rippetoe M. 2007 (Aug.)

<https://journal.crossfit.com/article/where-barbells-come-from>

D6

Team Workouts. (PDF) Glassman G. 2003 (Oct.)

http://library.crossfit.com/free/pdf/14_03_Team_Workouts.pdf

D6