

## Crossfit Judges Course Scenarios Answers Free Pdf Books

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Width: Barbell Should Be 8" - 12" (20-30cm) Above The Head. Figure 4 . 3. POSITION: BARBELL POSITION OVERHEAD AND ACTIVE SHOULDERS METHODS FOR DETERMINING CORRECT OVERHEAD POSITION: 1. Eyeball Method Great Method For Large Groups: Athletes Put Barbell Overhead; Coach Looks To See The Barbell Is 8"-12" Above The Athlete's Head. Move Hands Out To Lower Barbell; Move Hands In To ... 3th, 2024

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