

Cross Training For Fitness

By Matt Brzycki

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in weight training is the maximum amount of of repetitions for an exercise. Determining the 1 rep max can be done directly through Matt Brzycki , and can

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Matt Brzycki, BS Matt Brzycki, with Princeton University in May 1983 as a Health Fitness Supervisor the Princeton University Cross Country

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Matt Brzycki Article Community Thanks Jesse. The question is: Is the sensationalism of the media going to help or hurt CrossFit?

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