

CROSSFIT WORKOUTS FOR BEGINNERS | ROXFIRE FITNESS

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Contact: roxfirefit

Phone:



https://tinyurl.com/yuvdnuxa

Address: 829 North Federal Highway, Fort Lauderdale, Florida, United States

Price: Check with seller

Description:

CrossFit begins with the sincere belief in fitness. It is a strength and conditioning program designed to prepare you for life and for sport. It is part of the training methodology used by Olympic athletes, military and law enforcement officers, elite college athletes, and MMA fighters. In short, CrossFit benefits people of all ages and all athletic capabilities. Crossfit fort lauderdale can be adapted for anyone interested in improving their fitness and quality of life.

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