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Contact: fitnesscenter

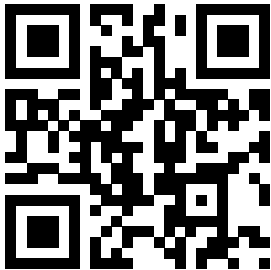
Phone:

Address: Pittsburgh, Pennsylvania, United States

Price: 11.00 USD

Description:

When you are looking for a CrossFit Pittsburgh gym, be sure to ask them about teaching you the proper mechanics first, how that gym will make sure you are consistent, and when it is appropriate for you to add intensity. That is the recipe that makes CrossFit safe.



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WHAT IS CROSSFIT | INDUSTRIAL ATHLETICS
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