

CrossFit Del Mar New Member Reference

CrossFit Community

<http://www.crossfit.com>

<http://journal.crossfit.com>

- The CrossFit Journal is a chronicle of the empirically driven, clinically tested, and community developed CrossFit program.

Nutrition

<http://www.crossfit.com/cf-info/start-diet.html>

<http://thepaleodiet.com>

<http://robbwolf.com/what-is-the-paleo-diet>

<http://www.nerdfitness.com/blog/2010/10/04/the-beginners-guide-to-the-paleo-diet>

CrossFit Exercises/Skills

<http://www.crossfit.com/cf-info/exercise.html>

Mobility

www.mobilitywod.com

