

# Best practices to avoid back pain during CrossFit

1. Warm up and cool down appropriately
2. Focus on proper form and technique
3. Strengthen your core
4. Get proper rest and recovery
5. Focus on mobility
6. Use proper equipment
7. Avoid overtraining
8. Don't ignore pain



# Avoiding Back Trouble

**Arthur Riehl Wilson**



## **Avoiding Back Trouble:**

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