

Matt Arroyo becomes Cross Fit Nutrition Certified

Written by Matt Arroyo

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Matt Arroyo is now [Cross Fit Nutrition Certified](#) . [Contact Matt](#) to inquire information on Cross Fit training rates.

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

Our program delivers a fitness that is, by design, broad, general, and inclusive. Our specialty is not specializing. Combat, survival, many sports, and life reward this kind of fitness and, on average, punish the specialist.