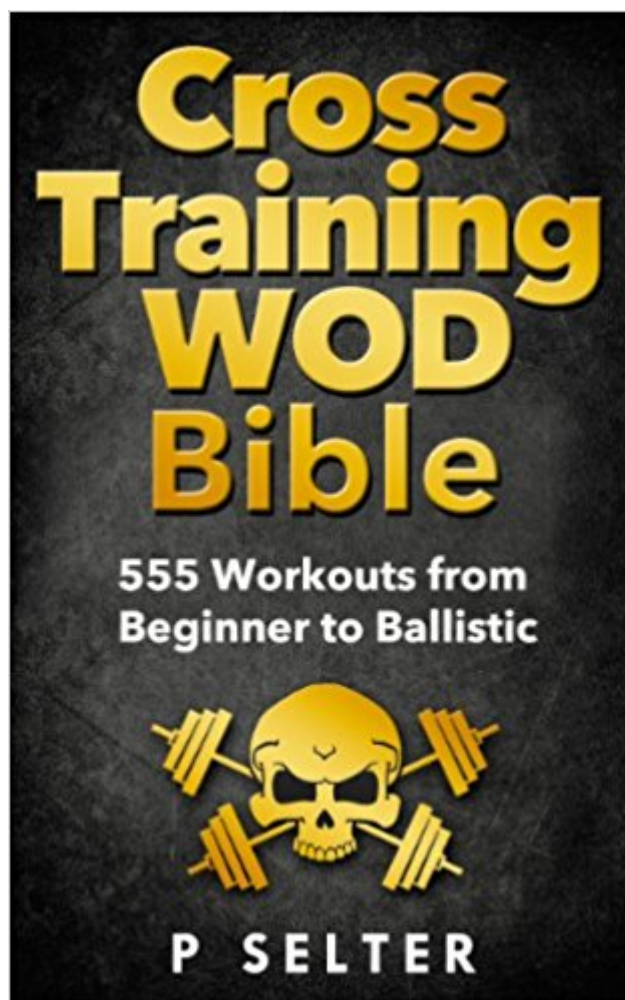


The book was found

Cross Training WOD Bible: 555 Workouts From Beginner To Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics)





Synopsis

The Ultimate Cross Training WOD Book! A Comprehensive Guide to Cross Training, Including 555 Workouts Designed to Obliterate Fat, Build Muscle, Get Strong & Increase Endurance * * * BONUS CONTENT UPON REDEMPTION * * * Let me ask you a few quick questionsâ | Are you tired of spending endless hours walking on the treadmill? Are you sick of following the same workout regime week after week? Are you training hard, yet struggling to see results? Do you struggle to find time to get in a proper workout? Do you want to build explosive athletic power and strength, along with unbreakable confidence and a mindset to match? If you answered 'Yes!' to any of these questions then this book is a MUST READ! Here Is A Preview Of What You'll Learn Inside... A Comprehensive List Of The Health Benefits Of Cross Training In Depth Terminology To Help You Understand And Master Exercise & Workout Abbreviations Recommended Cross Training Equipment (Get The Best â ^Bangâ ™ For Your Buck) Beginner WODs Benchmark WODs Bodyweight WODs (**No Equipment Required**) Running WODs Rowing WODs Kettlebell WODs Olympic Lifting WODs Strongman WODs Heavy Maximum Exertion WODs Epic Endurance Challenges For The Seasoned Athlete Much, much more! Hurry! Download "Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic" now - shouldn't your health & fitness be your #1 priority?----- Tags: Cross Training, WODs, WOD Bible, Build Muscle, Fat Loss, Increase Endurance, Bodyweight Exercises, Kettle Bell

Book Information

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Customer Reviews

Yes there are a ton of different workouts in the book, so it's great if that's all you want. However, there is no guidance to workouts. For the price, it's good to throw in your gym bag to find a quick workout idea, but otherwise, I would say just to find a few crossfit gyms you like and check their websites for the workout of the day.

Good book, a lot of wod's. It would have been good to have the chapters indexed on the kindle instead of having to go back to the TOC every time.

I received the book a day went over the descriptions of workouts it seems pretty good and detailed...one thing is it doesn't provide rest days...neither what type of regime should u follow with this...3, 4 or 5 days a week? Does anyone understand that? Also the beginner portion does not specify if they have to E done when and how many per day? Can anyone help?

Just need to use it

It's a book of WOD's, that's about it. They range from beginner to Insane level, and vary from "no equip" to "you should probably be in a crossfit gym to do this properly". Great to just open up and start working out!

PLUS: A huge variety of workouts compiled. MINUS: However, unless you're familiar with all the terminology, you may be at a loss to know exactly how to execute a specific workout. No pictures, no explanations, no nothing. I had to google several of the workout terms to know how to perform them.

Well done! Inexpensive and directly to detail!! found an error on page 31. The RANDY WOD is missing! But is good to have it!

Nice book and ideas but you can find a lot of these workouts for free just looking online

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Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics)
Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Bodyweight: Bodyweight Bible: 44 Best Exercises To Add Strength And Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, ... For Beginners) (Bodybuilding Series) Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic
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