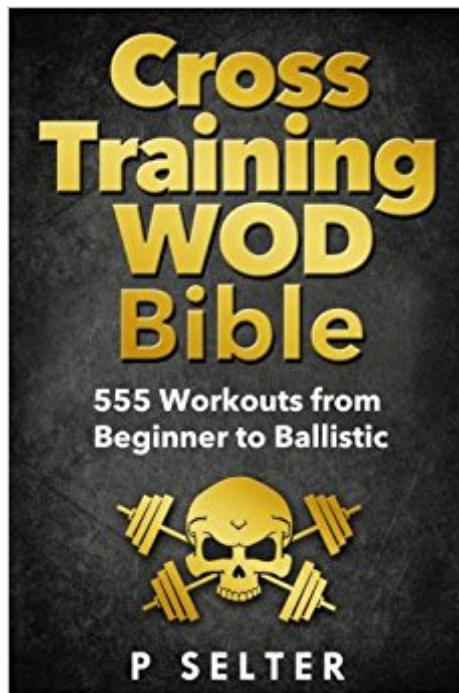




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Cross Training WOD Bible: 555 Workouts From Beginner To Ballistic



Synopsis

Here is A Preview Of What the Cross Training WOD Bible contains: A comprehensive list of the health benefits of Cross Training In depth terminology to help you understand the abbreviations and lingo used 555 Cross Training WODs (workouts) And Much More! Here is A Preview of the 555 Workouts the Cross Training WOD Bible contains: Beginner workouts The Girls benchmark workouts Heroes benchmark workouts Bodyweight workouts Running based workouts Rowing based workouts Kettlebell workouts Olympic lifting workouts Strongman workouts Short heavy workouts Minute by minute workouts Bi-element workouts Tri-element workouts Four or more workouts Hybrid workouts AMRAP workouts Epic endurance challenges designed to obliterate even the toughest endurance athletes There really is something for everybody in here!

Book Information

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Average Customer Review: 4.3 out of 5 stars 141 customer reviews

Best Sellers Rank: #41,507 in Books (See Top 100 in Books) #53 in Books > Health, Fitness & Dieting > Reference #515 in Books > Health, Fitness & Dieting > Exercise & Fitness #13523 in Books > Textbooks

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)

Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic Bodyweight Training:

Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing

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