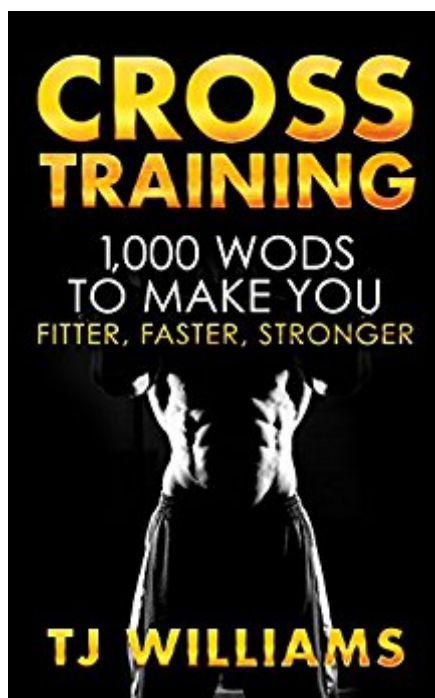


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Cross Training: 1,000 WOD's To Make You Fitter, Faster, Stronger



Synopsis

Cross Training - 1,000 WOD's To Make You Fitter, Faster, Stronger This is your one-stop guide to Cross Training. This book will not only introduce you to this amazingly effective and often transformative sport, but it offers you 1,000 workouts to choose from. I will also show you how to design your own WOD's. So, once you've worked your way through all 1,000 WOD's, you can continue to develop your own. The pain never ends! I break down the 1,000 WOD's into Beginner, Intermediate, and Advanced workout categories. Within each of these categories you will find several more subcategories, encompassing all of the sports that influence Cross Training, and allowing for anyone to find plenty of WODs of interest. This book isn't just about the WODs. I focus on what Cross Training is, workout frequency, implementing a weekly or monthly training plan, and the often overlooked warm ups (Preparations) and cool downs: Here's a Preview of What's Inside: What is Cross Training? Benefits to Cross Training How to use this book Workout Programming Terminology Preparations Bodyweight WODs / Little to No Equipment Basic Barbell WODs Running WODs Single Element WODs Double Element WODs Intermediate Mixed WODs Gymnastics WODs Rowing WODs Swimming WODs Kettlebell WODs Dumbbell WODs Benchmark WODs EMOM (Every minute on the minute) WODs Triple Element WODs Tabata WODs Olympic Lifting WODs Strongman WODs Powerlifting WODs Heros WODs Chipper WODs Create Your Own WODs Cool Downs And So Much More Get your copy today to receive all of this information. Just Scroll to the top of the page and select the Buy Button

Book Information

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Customer Reviews

Perfect guide for someone who wants to continue their work out routine or simply wants to start it. For athletes, this book is a great motivator; it's exactly what they need to perfect their bodies and keep fighting to better their skills in training for a certain sport. For the ordinary bum like me, it's also a great motivator to get off the couch, turn off the computer and start moving the body your mother gave you.

Yes, I agree that it is merely a book with all of the exercises that you might find online. But how much time will it take you to gather and recompile all from online sources? Besides, the online sources do not provide a good categorization or grouping as this book does. I love the book due to its simplicity and organization.

Good book with excellent WOD's

Cross Training is not the same as CrossFit however, these are some very good workouts that graduate in intensity and are easy to tweak / adjust if you don't have kettlebells or any other specialized equipment.

Great!

There's a lot of wods + some info on how to set up a wod, not much else. Not for the training novice

Excellent, has plenty of workouts to follow. Has a large variety of categories to choose from and workouts to follow.

very informative

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Cross Training: 1,000 WOD's To Make You Fitter, Faster, Stronger Cross Stitch: Learn Cross Stitch

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