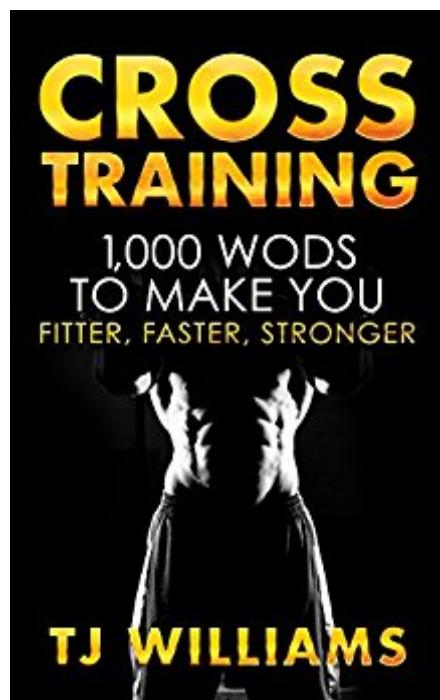


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# Cross Training: 1,000 WOD's To Make You Fitter, Faster, Stronger



## Synopsis

Cross Training - 1,000 WOD's To Make You Fitter, Faster, StrongerThis 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 TrainingHow to use this bookWorkout ProgrammingTerminologyPreparationsBodyweight WODs / Little to No EquipmentBasic Barbell WODsRunning WODsSingle Element WODsDouble Element WODsIntermediate Mixed WODsGymnastics WODsRowing WODsSwimming WODsKettlebell WODsDumbbell WODsBenchmark WODsEMOM (Every minute on the minute) WODsTriple Element WODsTabata WODsOlympic Lifting WODsStrongman WODsPowerlifting WODsHeros WODsChipper WODsCreate Your Own WODsCool DownsAnd So Much MoreGet 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

FAST! - Learn the Basics of Cross Stitch In No Time (Cross Stitch, Cross Stitch Course, Cross Stitch Development, Cross Stitch Books, Cross Stitch for Beginners) Cycling: HIIT Bike Training!: Interval Training to Get Faster, Stronger, Fitter & Lose Weight Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) 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) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Algeria, Algeria 1:1 000 000: Alger, Oran, city map 1:12 500, Constantine city map 1:10 000, vicinity of Alger 1:300 000, administrative map 1:6 000 ... Karte der Verwaltungseinteilung 1:6 000 000 Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program Cross Stitch: Learn How to Cross Stitch Simple and Easy Pictures, Patterns, and Shapes - CROSS STITCH (Cross-Stitch, Needlework, Needlepoint, Embroidery, ... Hobbies and Home, Cross-Stitching, Crochet) Fast Exercise: The simple secret of high intensity training: get fitter, stronger and better toned in just a few minutes a day Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Runner's World Runner's Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, and Fitter Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic The Oxygen Advantage: Simple, Scientifically Proven Breathing Techniques to Help You Become Healthier, Slimmer, Faster, and Fitter The Oxygen Advantage: The Simple, Scientifically Proven Breathing Techniques for a Healthier, Slimmer, Faster, and Fitter You Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)

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