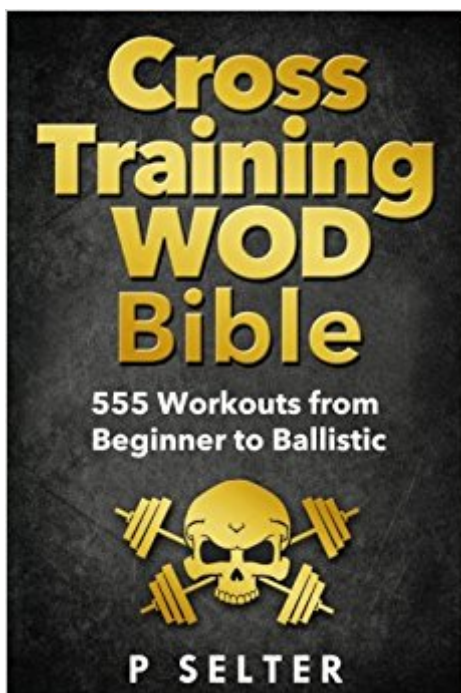


The book was found

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

Paperback: 158 pages

Publisher: CreateSpace Independent Publishing Platform (March 9, 2014)

Language: English

ISBN-10: 149607145X

ISBN-13: 978-1496071453

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

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

[Download to continue reading...](#)

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

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 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) 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) Cross Stitch: Learn How to Cross Stitch Simple and Easy Pictures, Patterns,

and Shapes - CROSS STITCH (Cross-Stitch, Needlework, Needlepoint, Embroidary, ... Hobbies and Home, Cross-Stitching, Crochet) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss 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,) Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Cross Training: 1,000 WOD's To Make You Fitter, Faster, Stronger HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss 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) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Donna Kooler's 555 Christmas Cross-Stitch Designs Donna Kooler's 555 Fabulous Cross-Stitch Patterns Cross Training: Top 100 Cross Training WOD's with Pictures!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)