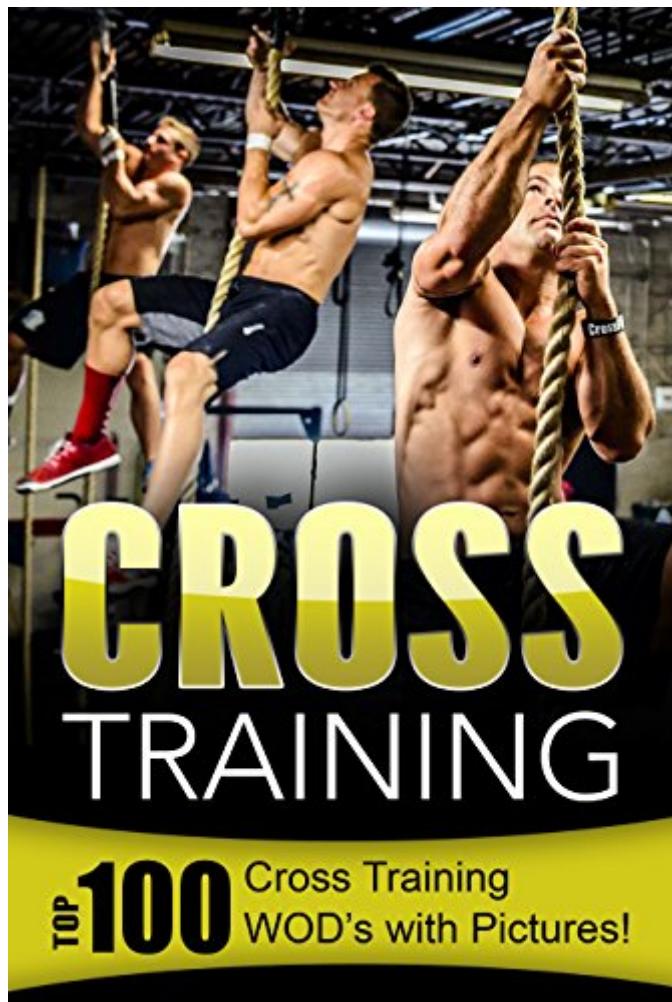


The book was found

# Cross Training: Top 100 Cross Training WOD's With Pictures!



## **Synopsis**

Ready To Learn The Best WODâ™s? Cross Training is not just any other workout fad. It was developed to be a physical philosophy, merging many different sports, disciplines and movements in the course of their workouts. The benefits of Cross Training have gained much popularity over the years, and now this exercise is being practiced in thousands of gyms all around the world. Working out isnâ™t just about the way you look. It is about maintaining a healthy and well-functioning body. This calorie blasting workout book is also packed with cardio, flexibility and endurance boosting exercises. Along with the workout descriptions will be pictures to you get a good idea on how executing a particular workout will look like. The exercises here are short and challenging, and the key to getting through them is your determination to push through and succeed. If these workouts are done diligently and properly, you may just be able to see and feel the results in no time, and no wonder why so many people are hooked on Cross Training already. Here Is A Preview Of What Youâ™ll Learn... How to Keep Yourself Safe from Cross Training Related Injuries Workout of the Day: Exercises for the Beginner The Cross Training Girls WOD's Cross Training WODâ™s Without Equipment The Heavy Duty Girls Advanced Cross Training WODs Much, much more! Download your copy today!

## **Book Information**

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## Customer Reviews

This book isn't just about the WODs. The author 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. This book will not only introduce you to this amazingly effective and often transformative sport, but it offers you 100 sample workouts to choose from.

This handbook has been produced with the express purpose of helping you get the dream body that you've always wanted by using the safest, quickest and healthiest methods available in the world of modern cross training. Cross Training involves activities that will help you build muscle and improve your performance. In these pages, you will be guided step-by-step on how to perform each exercise for specific muscle groups. Everything from ab work to increased lean muscle definition. It can all be found here.

This is a straightforward guide to building muscle which combines different types of exercises aimed at developing a more balanced strength and muscle mass among other benefits that this book has pointed out including keeping fit while pregnant which I found pretty interesting.

Great book but I personally think that men should read this more likely than women. The book was very organized and has different sections for whatever part that you want to work out. I do a lot of cardio but now I'm losing weight so I need to start toning. I've heard of some of these exercise, but it's nice to get a reminder of what I need to be doing. Honestly, I purchase this book for my husband but after I checked on the exercise instruction, I become interested. So now me and my hubby are doing 1 hour cross training ones a week.

Cross training provides a dynamic method of combining different workout strategies (body building, track and field, and boxing) during a single training session. This creates muscle confusion and keep your heart pumping, maximizing muscle growth and fat loss. This book tells you what cross training is, its benefits, and it gives you great routines so you can start doing cross fit even today. I highly recommend this book.

This book is specifically very good. It introduced me to basic and important terminology related to cross training. As title of book claims that it has a lot of effective workouts, it is true. All exercises are good. separate schedule is given for beginners. Must read this book if you are a lover of shaped body.

Crossfit is not an easy thing to do. It requires hard work, patience and time. This book is an excellent guide in practicing crossfit. What I love about this book is the pictures that they included in this book because it really helps the beginners to execute a particular workout correctly. Follow what is written in this book and you're on your way to a healthy and fit lifestyle.

They are so simple, yet so effective to workout your whole body. Weights, machines, and expensive gear is not needed, you can save money on a gym membership and get the results you want. I found the information in this book to be very clear and concise and really enjoyed reading it and it will come in very useful.

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