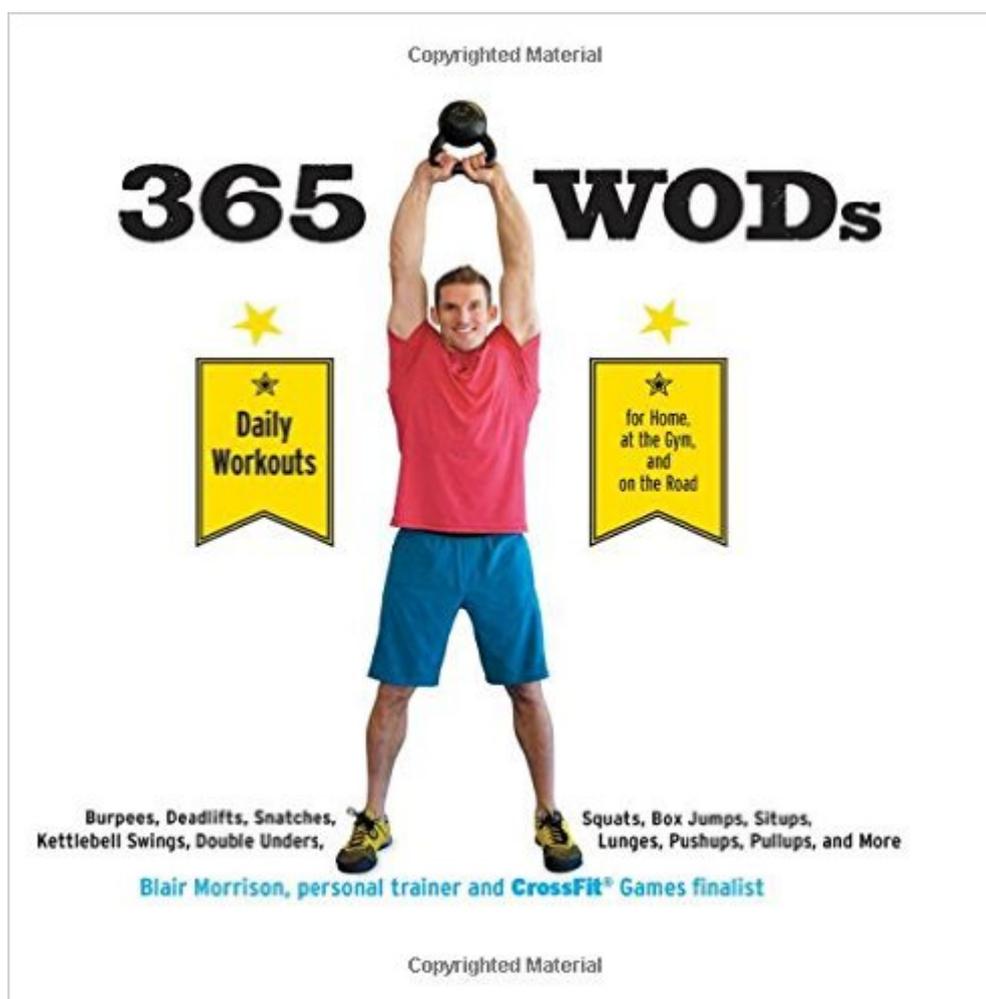


The book was found

365 WODs: Burpees, Deadlifts, Snatches, Squats, Box Jumps, Situps, Kettlebell Swings, Double Unders, Lunges, Pushups, Pullups, And More



Synopsis

Challenge your body with the ultimate resource of daily workouts. Fast-paced exercise programs based on high intensity interval training are sweeping the nation. Their recipe for success is the WOD, or workout of the day. Planks, squats, crunches, pushups are all great, but changing up a routine can be challenging, and it can be difficult to find a resource for so many different workouts. Until now. 365 WODs features a new workout for each day of the year. With endless variety, you'll never become bored with your fitness routine. You'll find:- Instructions and step-by-step photos for 40 fundamental movements, allowing you to perfect your technique and avoid injury- A choice between beginner, intermediate, and advanced difficulty levels for each WOD- A glossary so you can make sense of common terminology and acronyms- Workouts for the gym, at home, and on the road

The ultimate resource of exercises, 365 WODs will help you push your limits all year long. "Blair is among the best athletes, teachers, and coaches in our industry." - Ben Alderman, owner CrossFit Iron Mile - www.crossfitironmile.com

Book Information

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Customer Reviews

I got this book a couple weeks ago because I travel a ton and needed something to keep my workouts on point while on the road. The author breaks down daily workouts with detailed descriptions that are great...super easy to use. Highly recommend for anyone interested in functional fitness and getting awesome results.

For Crossfitters this book has to be the bible, or daily prayerbook. It is very well thought out and

beautifully presented in the paper edition. Blair is a champion athlete - I know because he coached me to a world deadlift title. He the man, trust his guidance.

The book is very user friendly. I like how it is divided into the different locations in home, at gym and outdoors. I love the three different levels of ability for each workout.

Love this book. I travel a lot and this book comes in handy. When booking your hotel find one that has a park nearby. Take this book and get your workout. I've lost 100 lbs over the past 2 years and this book has helped me tone up. I've also bought 2 of these books to give away as gifts.

Not very practical. I take with me when I go to exercise but I spend considerable time trying to figure out what each WOD means. There are no pictures, no links, nothing. Just a brief-and not always clear-explanation on how to perform most exercise but not all of them. Pros: It was cheap. Cons: You get what you paid for it.

Very clear and easy to understand! Well written and a ton of workouts, this book can be used for years

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