



Cross Training: 1,000 Wods to Make You Fitter, Faster, Stronger

By Tj Williams

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Cross Training - The Complete Cross Training Guide 1,000 WOD s for Beginners to Beasts 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 sample 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...



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