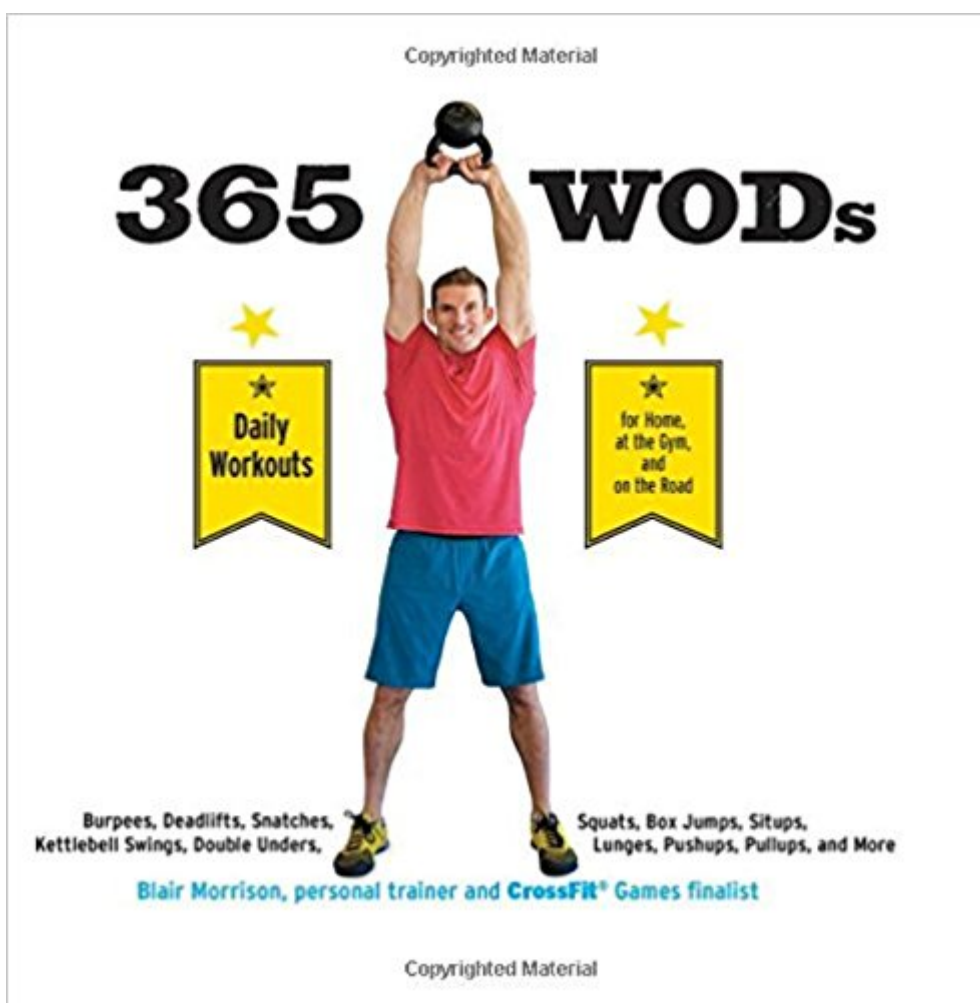


The book was found

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

Flexibound: 208 pages

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Customer Reviews

"Blair readily adapts workouts to accommodate those with injuries or physical limitations." - Rose Marie Wreaks, gym member

"Blair's workouts are well balanced and varied from day to day, covering all aspects of training and avoiding monotony." - Bud Wreaks, gym member

"Blair is thorough and definitive in explaining and demonstrating every workout experience." - Bob Vastine, client

Blair Morrison is the owner of CrossFit Anywhere, a CrossFit gym with three locations in northern California. As a competitor in the CrossFit games, he placed 7th in 2009, 23rd in 2010, 5th in 2011. Blair has traveled the world studying fitness environments and incorporates outdoor fitness regimes into his training.

I think anyone can get in shape with this book if they do one of the workouts at least 4 times per week. Great for a beginner or expert.

Great book, great ideas.

ok

Excellent

I have to review this one!AWESOME work! I am impressed with the amount of detail, good material, organized and more.To the author, thanks for deliver such a good book for us: who do not have the time or money for a BOX.The book feels like he drop all his knowledge there.

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.

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

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.

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