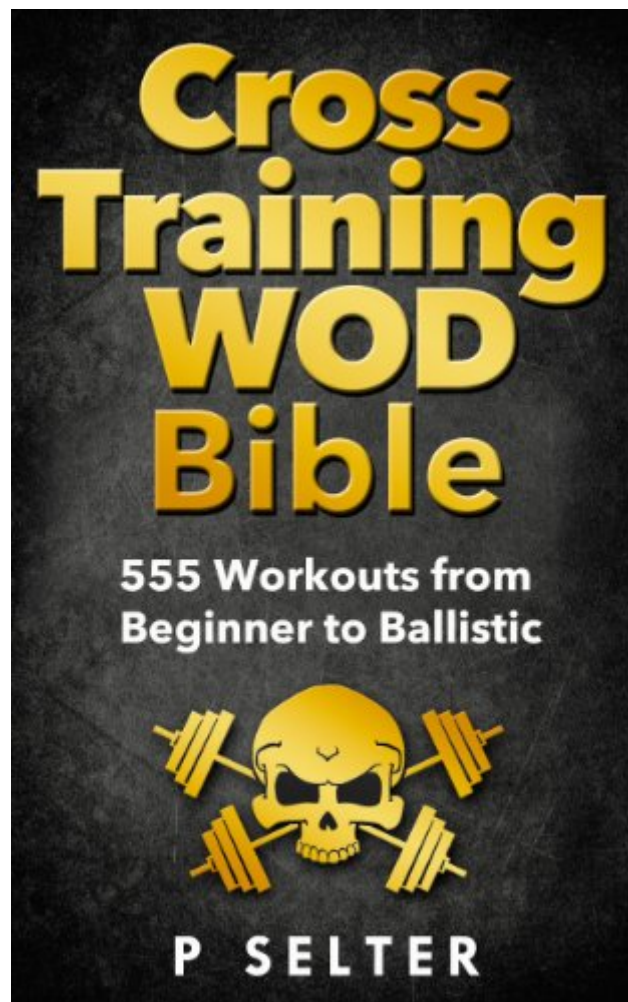


The book was found

# **Cross Training WOD Bible: 555 Workouts From Beginner To Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics)**





## Synopsis

The Ultimate Cross Training WOD Book! A Comprehensive Guide to Cross Training, Including 555 Workouts Designed to Obliterate Fat, Build Muscle, Get Strong & Increase Endurance \* \* \* BONUS CONTENT UPON REDEMPTION \* \* \* Let me ask you a few quick questionsâ | Are you tired of spending endless hours walking on the treadmill? Are you sick of following the same workout regime week after week? Are you training hard, yet struggling to see results? Do you struggle to find time to get in a proper workout? Do you want to build explosive athletic power and strength, along with unbreakable confidence and a mindset to match? If you answered 'Yes!' to any of these questions then this book is a MUST READ! Here Is A Preview Of What You'll Learn Inside... A Comprehensive List Of The Health Benefits Of Cross Training In Depth Terminology To Help You Understand And Master Exercise & Workout Abbreviations Recommended Cross Training Equipment (Get The Best â ^Bangâ ™ For Your Buck) Beginner WODs Benchmark WODs Bodyweight WODs (\*\*No Equipment Required\*\*) Running WODs Rowing WODs Kettlebell WODs Olympic Lifting WODs Strongman WODs Heavy Maximum Exertion WODs Epic Endurance Challenges For The Seasoned Athlete Much, much more! Hurry! Download "Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic" now - shouldn't your health & fitness be your #1 priority?----- Tags: Cross Training, WODs, WOD Bible, Build Muscle, Fat Loss, Increase Endurance, Bodyweight Exercises, Kettle Bell

## Book Information

File Size: 1929 KB

Print Length: 159 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 19, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00IJYE7LW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #41,779 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8 in Â Kindle

Store > Kindle eBooks > Nonfiction > Sports > Miscellaneous > Reference #26 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Training #29 inÂ Books > Sports & Outdoors > Miscellaneous > Reference

## Customer Reviews

One thing is for sure, the title does not lie. This book is packed FULL of workouts, and they are organized nicely into categories depending on what type of workout you are looking for. I especially like the section devoted to terms and abbreviations, because you'll run into plenty of those when talking Crossfit workouts. I guess that when I first read through the book, I would have thought there would be more text on the history of Crossfit, or some biographies on numerous athletes, but then I realized that info is probably easy to find elsewhere. It was lists of workouts that I was after, and this book provided plenty of them!

A friend of mine purchased this book so I took a peek. Save your money because there isn't a shred of info in this book that isn't freely available with a few clicks of the mouse, not to mention this looks like a copy/paste job of woddrive.com, strongmanwod.com, among others.

Ok not everyone wants to be a body builder, but yet I would like to have some form of a tutorial to allow me to stay active at a moderate pace. I think the majority of folks are like me, and if you are not? Then more power to you!! Anyway, that is what I like about this book, the workouts are of a wide range of intensity. If you want to go all out, there are workouts in here for you, if you want just a little bit to make yourself feel good, that is also an option! Looking for a quick, easy and fun CrossFit guide? Look no further. Now get off the computer and start moving!!!

Great book of workouts. From Beginner to Advanced. I really like how the sections are broken down. (No equipment, Kettelbells, running and so on) Lots of thought was put into the organization of this book. One more tool in my garage gym arsenal.

Even though I am now in my senior years with numerous medical issues I am still a fanatic when it comes to physical fitness. I have been researching the many physical fitness routines and programs lately and one of the very best I have read is Cross Training WOD Bible: 555 workouts from beginner to ballistic by Paige Selter. I really loved this book even though there is not a single photograph showing the exercises in this entire 157 page book; nevertheless, it has fantastic

routines for anyone desiring to achieve the ultimate in total fitness. As anyone into exercising knows our body adjusts to any exercise routine when done for a certain period of time. With WOD (Workout of the day) you can overcome this natural tendency of your body because you can change your workout program just about every day. This wonderful reference source begins with a brief introduction and the benefits of cross training. The basic terminology of the WOD system is covered before moving to the actual programs. This text lists the following fitness routines: Beginner WODs, Benchmark-the girls, Benchmark-hero WODs, Body weight WODs, Running WODs, Rowing WODs, Kettlebell WODs, Olympic Lifting WODs, Strongman WODs, Short and Heavy WODs, Minute by minute WODs, Bi-Element WODs, Tri-Element WODs, Four or more WODs. Hybrid WODs, AMRAP WODs, and epic endurance challenges. I read this book in a short period of time, but I went back and checked off with a pen all the WOD routines I will be doing in this book (85) over time. If you are a workout fanatic you should check out this excellent guide and reference source. If you do not know how to do all the exercises mentioned in this book I suggest checking a WOD website where you can see the exercises being done. Rating: 5 Stars. Joseph J. Truncale (Author: Samurai Aerobics for fitness)

Awful ... not a single bit of information in here in terms of the how, what, why of the workouts listed. I would not recommend buying this. You could easily Google the information in this book and save your money. Would've expected some sort of reading to accompany the workouts, but nothing.

I love such books... 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 555 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.

There are actually NOT 555 workouts in this book. Yes there are a lot, however a good bit of them are doubled up by making the same WOD, for time and for 1 round! Pretty bad editing too, misspelled words, no consistency in naming conventions, and other small details that just bothered me. That being saidâ... all the classics are in here (The Girls, some of the popular Hero WOD's like the Murph) and then some. What I liked most about the book was that there were Running only WOD's and Kettle bell only WOD's, Rowing only WOD's, along with some others. All in all not too bad, for the price I'm glad I got it.

[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: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1)

Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1)

Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic

Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training)

BODYBUILDING: The Best BODYBUILDING DIET - The Most Effective Tips And Tricks You Need To Know For The Body You Ever Wanted: (bodybuilding, bodybuilding ... bodyweight train, bodybuilding nutrition)

Kettlebell Training: Rapid Muscular Enhancement and Athletic Development Using Kettlebell Only Training (Kettlebell Training and Workouts Book 1)

The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series)

Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines)

Cross Stitch: for Beginners - Cross Stitch Patterns - Cross Stitch Guide - Cross Stitch Explained for Starters (Cross Stitch Books for Dummies - Cross Stitch Tips - Cross Stitch 101)

The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle)

Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness)

Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout)

Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness)

Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder)

Cross Training: Top 100 Cross Training WOD's with Pictures!

Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics)

Vegan Bodybuilding and Nutrition: A guide on how to build muscle and gain strength while executing a vegan diet.

The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever!

Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat)

