



Cross Training WOD Bible 2.0: 586 MORE Workouts To Transform Your Body From Beginner To Beastly!

P Selter

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The Sequel To The #1 Best Selling Cross Training WOD Book! Including 586 NEW Workouts Designed to Obliterate Fat, Build Muscle, Get Strong & Increase Your Physical Fitness * * *BONUS CONTENT UPON REDEMPTION* * * Let me ask you a few quick questions... 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 the Cross Training WOD Bible 2.0 is a MUST READ Here Is A Preview Of What You'll Find Inside This Amazing Book... •An Introduction To Cross Training •The Benefits And Reasons Why You NEED To Perform Your Daily Workout •Programming Your Workouts - Because One Size Does NOT Fit All •The Power Of The Mind And Taking Consistent Action •Beginner Workouts •Bicycle Workouts •Bodyweight Workouts (No Equipment Involved!) •Boxing Workouts (Relieve Stress & Work On Your Self Defense Skills!) •Dumbbell Workouts •Jump Rope Workouts - SKip Your Way To Success •Kettlebell Workouts - Harness The Russian Superweapon! •Rowing Workouts For Extreme Cardio •Running & Sprinting Oriented Workouts •Swimming Workouts - The Ultimate Summer WODs •Wall Ball Workouts For Insane Conditioning & Coordination •Warmup Workouts To Get You Prepared For Battle! •And Much, Much More!

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