Crossfit: 90 Day Crossfit Wods Workouts! Including Beginner and Ballistic Training Exercises to Lose Weight and Build an Athletic Physique for Life! (Paperback)

By Chris Smith

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This CrossFit book contains proven steps and strategies on how to perform 90 WODs (work out of the day).Today only, get this Amazing Amazon book for this incredibly discounted price!CrossFit is a broad fitness category, although it focuses on strengthening the core, building endurance and improving strength. It combines high intensity exercises with medicine balls, kettlebells and cardio exercise. It can also compliment other sports and fitness programs.CrossFit has continuously evolved during the past few years and has helped a lot of people attain their fitness goals. Despite common notion, CrossFit is not too difficult. You might feel sore during the first few sessions but this is only because you are trying something new. CrossFit is versatile which means that you can adjust the weight and intensity to suit your current fitness level. You can gradually increase the intensity as you get better.CrossFit also has a great community that aims to support CrossFitters. Should you need help determining the workout that s best for unique circumstances, you can easily seek help.This book contains a lot of information about...

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