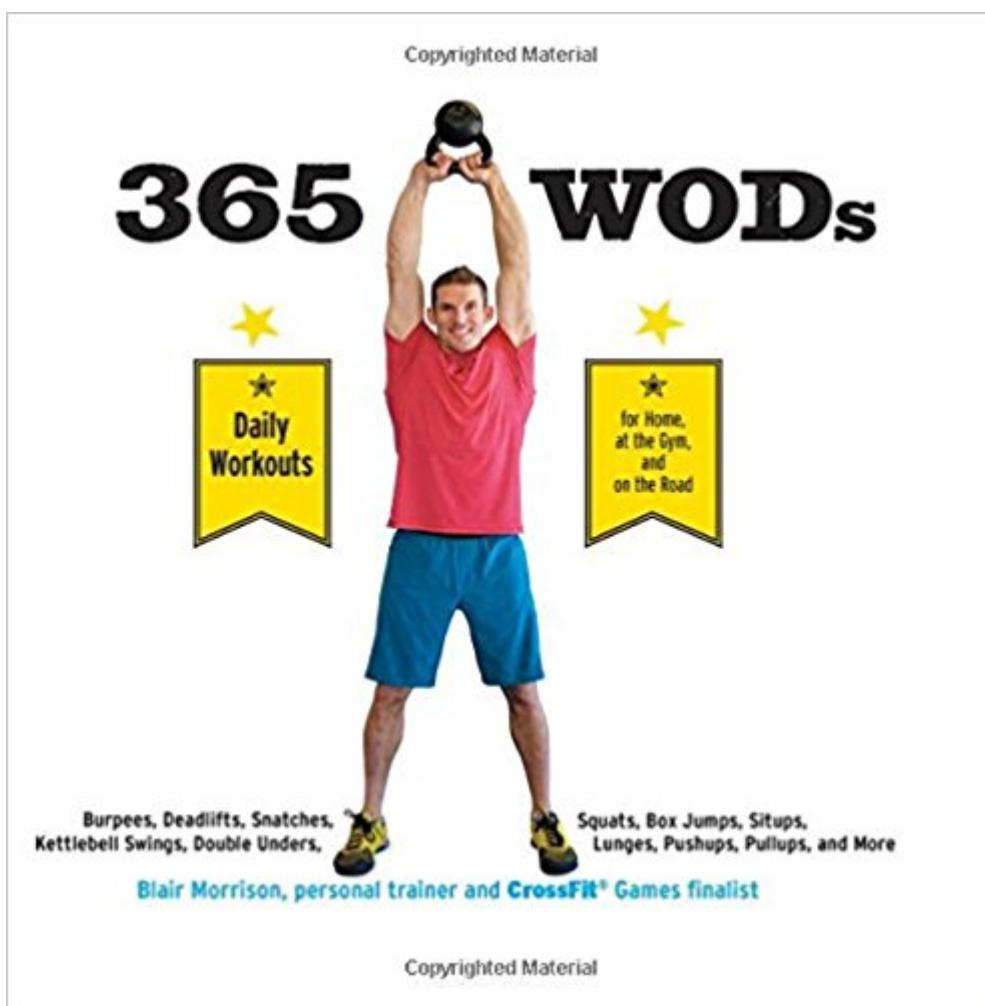


The book was found

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 roadThe 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

Publisher: Fair Winds Press; 1 edition (June 15, 2015)

Language: English

ISBN-10: 159233637X

ISBN-13: 978-1592336371

Product Dimensions: 8.5 x 1 x 8.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 12 customer reviews

Best Sellers Rank: #168,163 in Books (See Top 100 in Books) #23 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #1029 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

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 is 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.

[Download to continue reading...](#)

365 WODs: Burpees, Deadlifts, Snatches, Squats, Box Jumps, Situps, Kettlebell Swings, Double Unders, Lunges, Pushups, Pullups, and More Kettlebell: The Ultimate Kettlebell Workout to Lose

Weight and Get Ripped in 30 Days (Kettlebell Workouts Book 1) Moderato Cantabile (Minuit "Double") (French Edition) (Minuit "Double") (Minuit "Double") (Minuit "Double") (Minuit "Double") (Minuit "Double") Squats: The Best Butt Workout Revealed - How to Sculpt the Most Voluptuous Butt Ever with Squats (30, 60, & 90 Day Workout Plans) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Crafting: 365 Days of Crafting: 365 Crafting Patterns for 365 Days (Crafting Books, Crafts, DIY Crafts, Hobbies and Crafts, How to Craft Projects, Handmade, Holiday Christmas Crafting Ideas) Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Crochet: 365 Days of Crochet: 365 Crochet Patterns for 365 Days (Crochet, Crochet Patterns, DIY Crochet, Crochet Books, Crochet for Beginners, Crochet Afghans, Crochet Christmas, Holiday Crochet) Knitting: 365 Days of Knitting: 365 Knitting Patterns for 365 Days (Knitting, Knitting Patterns, DIY Knitting, Knitting Books, Knitting for Beginners, Knitting Stitches, Knitting Magazines, Crochet) Regency Romance Box Set: Love, Lust, Money, Alpha Males, Pregnancy and more (Regency Romance 8 Box Box Set Book 1) Human Movement: How the Body Walks, Runs, Jumps, and Kicks (Inquire and Investigate) Stunts, Tricks, and Jumps (Motorcycle Mania (CDROM)) The Horizontal Jumps: Planning for Long Term Development Jabari Jumps Homemade for Hamsters: Over 20 Fun Projects Anyone Can Make, Including Tunnels, Towers, Dens, Swings, Ladders and More What You Must Know About Thyroid Disorders & What To Do About Them: Your Guide to Treating Autoimmune Dysfunction, Hypo- and Hyperthyroidism, Mood Swings, ... Loss, Weight Issues, Celiac Disease & More The Russian Kettlebell Challenge: Xtreme Fitness for Hard Living Comrades Kettlebell Simple & Sinister Enter the Kettlebell!: Strength Secret of the Soviet Supermen

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)