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This WOD Crossfit Journal has been created to help your to keep track of your WODs and personal records in order to

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improve your workout skills and know how far you've come in your training. This wodbook contains: WOD log pages to track every details of each WOD (description, strenght/skill trained, duration, score, etc.) personal records pages to keep track of your best trainings a WOD index to find back your favorite WODs and improve your scores BONUS: a list of the 8 most famous WODs to get inspiration for building your next crossfit trainings This unique and personalized wodbook makes a cool gift for any crossfiter or workout lover.

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Men love shortcuts. If there's a way to accomplish a job

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quicker and more efficiently, they're all for it. That goes for work and working out. Now, new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism—his fat-burning furnace—as a workout lasting more than twice as long. All it takes is 15 minutes to achieve lifelong results—and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes. The Men's Health Big Book of 15-Minute Workouts contains fast-paced circuit training and interval workouts that boost calorie burn, build muscle, and fry belly fat in half the time of regular workouts. Readers can choose from at-home, body-weight-only workouts and total-body barbell programs to exercises that target major muscle groups—the chest, arms, legs, and back—and sport-specific

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workouts. Other highlights include: - a special section of 15-minute core workouts to build a rock-hard six-pack - an eating plan with delicious meals that take 15 minutes or less to prepare - workouts for the office or when you're traveling and can't make it to the gym - hundreds of tips from America's best trainers, nutritionists, and exercise scientists

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

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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

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Looking for the Ultimate WOD Book? You've Found it! If you're looking for the ultimate compilation of WODs, suitable for anyone including those just getting into cross training all the way up to athletes at an elite level then this is the book for you! Featuring over 700 workouts you'll never be short of a WOD, whether you want to focus on bodyweight training, do some intense Russian kettlebell training or perform some heavy Olympic lifts WODZILLA has you covered! Here is A Preview of what WODZILLA Contains: 10 Warm up WODs to get your muscles ready to work 78 Benchmark WODs to measure your progress! 30 Running WODs 20 Rowing WODs 70 Heavy Lifting WODs, featuring Olympic and strongman style lifts 20 WODs that take 5 minutes, perfect for when you're short on time! 20

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