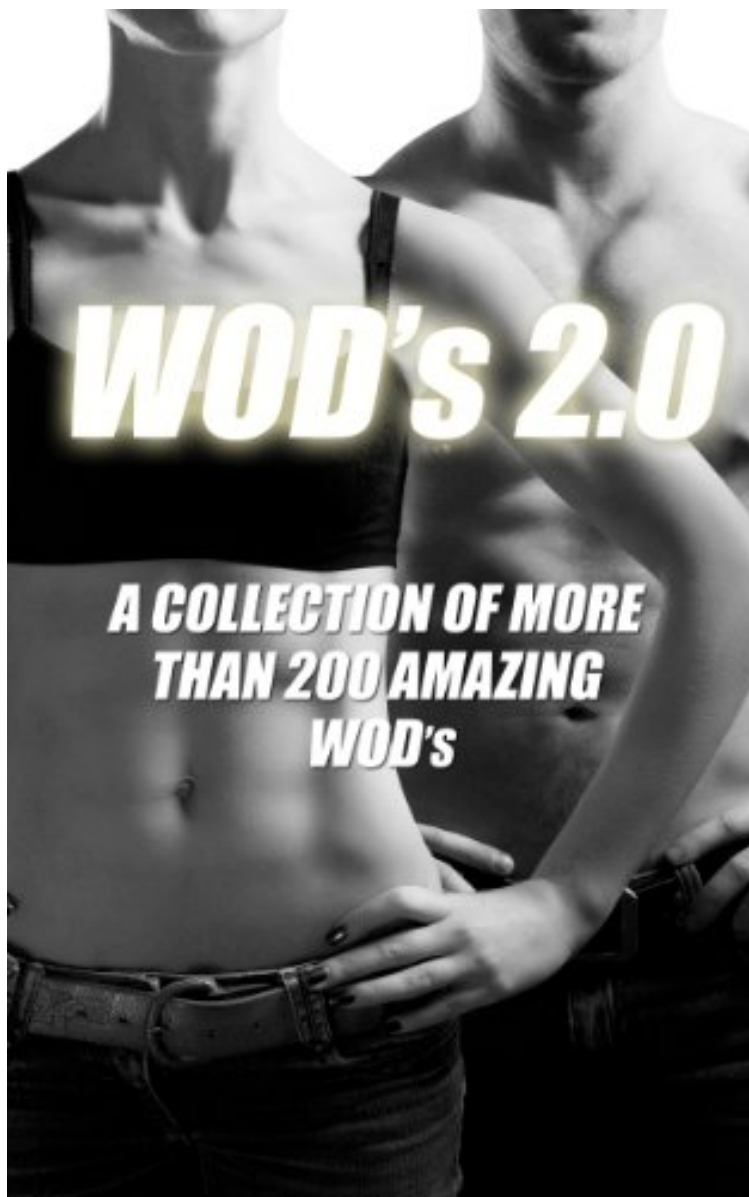


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WODs 2.0: A Collection of More Than 200 Great WOD's (English Edition)



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skills, and WODs such as the Fran. The Benchmark girls WODs are foundational WODs made to test our fitness development over time by comparing new results with past results. Beginners WODs WODs for beginners are simple and easy workouts made for starting this special fitness regime or get back into the game. These WODs will help you to get started and ease into the more rigorous WODs which will follow later on. Hero WODs The Hero WODs are the most intense workouts that you'll experience. They are designed to be very intense in honor of the fallen heroes. WODs to go (no equipment needed) With these workouts, there's little excuse that can be made whilst you're travelling, or on vacation, or at home without equipment. Fitness doesn't need any equipment to be effective which is one of the best things about it. All you need for these WODs is effort, a bit of time and space and a watch or a clock and you're good to go! So what are you waiting for? Scroll up, download this guide and have all the WODs in your pocket! P.S. There's a FREE bonus which will get you motivated for the workouts! Prsentation de l'diteur WODs 2.0: A Collection of More Than 200 Great WOD's in one book! Take your fitness to the next level with WODs 2.0! This book was made to let you easily access a complete list of WODs from your kindle or any other device. You can take these workouts with you to any place the gym, a park, or simply use it at the convenience of your home. This book contains a wide variety of WODs: The Benchmark Girls WODs Results are measured by breaking old personal records and setting new ones on lifts, skills, and WODs such as the Fran. The Benchmark girls WODs are foundational WODs made to test our fitness development over time by comparing new results with past results. Beginners WODs WODs for beginners are simple and easy workouts made for starting this special fitness regime or get back into the game. These WODs will help you to get started and ease into the more rigorous WODs which will follow later on. Hero WODs The Hero WODs are the most intense workouts that you'll experience. They are designed to be very intense in honor of the fallen heroes. WODs to go (no equipment needed) With these workouts, there's little excuse that can be made whilst you're travelling, or on vacation, or at home without equipment. Fitness doesn't need any equipment to be effective which is one of the best things about it. All you need for these WODs is effort, a bit of time and space and a watch or a clock and you're good to go! So what are you waiting for? Scroll up, download this guide and have all the WODs in your pocket! P.S. There's a FREE bonus which will get you motivated for the workouts! Biographie de l'auteur David Forrester is a writer, a big fan of CrossFit and the proud author of bestseller "WODs 2.0: A Collection of More Than 200 Great WOD's". David came up with the idea for his book when he realized that he had to search for WODs each time he wanted find a new WOD or wasn't sure about the specific exercises or reps of an old one. To find out more, check out David's book "WODs 2.0: A Collection of More Than 200 Great WOD's"!