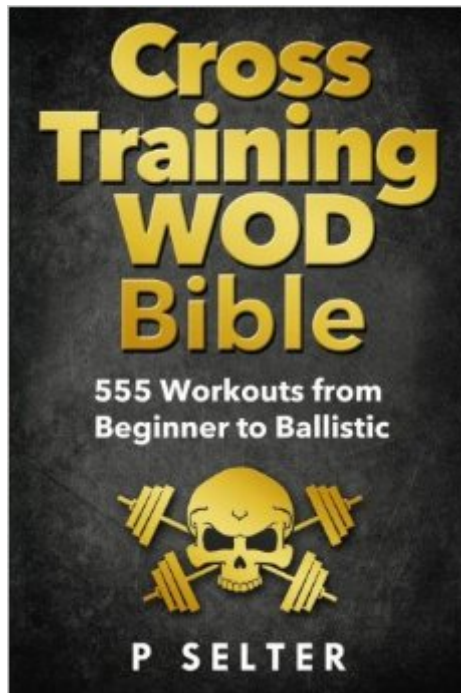


The book was found

# Cross Training WOD Bible: 555 Workouts From Beginner To Ballistic



## Synopsis

Here is A Preview Of What the Cross Training WOD Bible contains: A comprehensive list of the health benefits of Cross Training In depth terminology to help you understand the abbreviations and lingo used 555 Cross Training WODs (workouts) And Much More! Here is A Preview of the 555 Workouts the Cross Training WOD Bible contains: Beginner workouts "The Girls"™ " benchmark workouts Heroes " benchmark workouts Bodyweight workouts Running based workouts Rowing based workouts Kettlebell workouts Olympic lifting workouts Strongman workouts Short "N"™ heavy workouts Minute by minute workouts Bi-element workouts Tri-element workouts Four or more workouts Hybrid workouts AMRAP workouts Epic endurance challenges " designed to obliterate even the toughest endurance athletes There really is something for everybody in here!

## Book Information

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## Customer Reviews

One thing is for sure, the title does not lie. This book is packed FULL of workouts, and they are organized nicely into categories depending on what type of workout you are looking for. I especially like the section devoted to terms and abbreviations, because you'll run into plenty of those when talking Crossfit workouts. I guess that when I first read through the book, I would have thought there would be more text on the history of Crossfit, or some biographies on numerous athletes, but then I realized that info is probably easy to find elsewhere. It was lists of workouts that I was after, and this book provided plenty of them!

A friend of mine purchased this book so I took a peek. Save your money because there isn't a shred of info in this book that isn't freely available with a few clicks of the mouse, not to mention this looks like a copy/paste job of woddrive.com, strongmanwod.com, among others.

Ok not everyone wants to be a body builder, but yet I would like to have some form of a tutorial to allow me to stay active at a moderate pace. I think the majority of folks are like me, and if you are not? Then more power to you!! Anyway, that is what I like about this book, the workouts are of a wide range of intensity. If you want to go all out, there are workouts in here for you, if you want just a little bit to make yourself feel good, that is also an option! Looking for a quick, easy and fun CrossFit guide? Look no further. Now get off the computer and start moving!!!

Great book of workouts. From Beginner to Advanced. I really like how the sections are broken down. (No equipment, Kettlebells, running and so on) Lots of thought was put into the organization of this book. One more tool in my garage gym arsenal.

Even though I am now in my senior years with numerous medical issues I am still a fanatic when it comes to physical fitness. I have been researching the many physical fitness routines and programs lately and one of the very best I have read is Cross Training WOD Bible: 555 workouts from beginner to ballistic by Paige Selter. I really loved this book even though there is not a single photograph showing the exercises in this entire 157 page book; nevertheless, it has fantastic routines for anyone desiring to achieve the ultimate in total fitness. As anyone into exercising knows our body adjusts to any exercise routine when done for a certain period of time. With WOD (Workout of the day) you can overcome this natural tendency of your body because you can change your workout program just about every day. This wonderful reference source begins with a brief introduction and the benefits of cross training. The basic terminology of the WOD system is covered before moving to the actual programs. This text lists the following fitness routines: Beginner WODs, Benchmark-the girls, Benchmark-hero WODs, Body weight WODs, Running WODs, Rowing WODs, Kettlebell WODs, Olympic Lifting WODs, Strongman WODs, Short and Heavy WODs, Minute by minute WODs, Bi-Element WODs, Tri-Element WODs, Four or more WODs. Hybrid WODs, AMRAP WODs, and epic endurance challenges. I read this book in a short period of time, but I went back and checked off with a pen all the WOD routines I will be doing in this book (85) over time. If you are a workout fanatic you should check out this excellent guide and reference source. If you do not know how to do all the exercises mentioned in this book I suggest checking a WOD website where

you can see the exercises being done. Rating: 5 Stars. Joseph J. Truncale (Author: Samurai Aerobics for fitness)

Awful ... not a single bit of information in here in terms of the how, what, why of the workouts listed. I would not recommend buying this. You could easily Google the information in this book and save your money. Would've expected some sort of reading to accompany the workouts, but nothing.

I love such books... This book is specifically very good. It introduced me to basic and important terminology related to cross training. As title of book claims that it has 555 workouts, it is true. All exercises are good. Separate schedule is given for beginners. Must read this book if you are a lover of shaped body.

There are actually NOT 555 workouts in this book. Yes there are a lot, however a good bit of them are doubled up by making the same WOD, for time and for 1 round! Pretty bad editing too, misspelled words, no consistency in naming conventions, and other small details that just bothered me. That being said ... all the classics are in here (The Girls, some of the popular Hero WOD's like the Murph) and then some. What I liked most about the book was that there were Running only WOD's and Kettle bell only WOD's, Rowing only WOD's, along with some others. All in all not too bad, for the price I'm glad I got it.

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