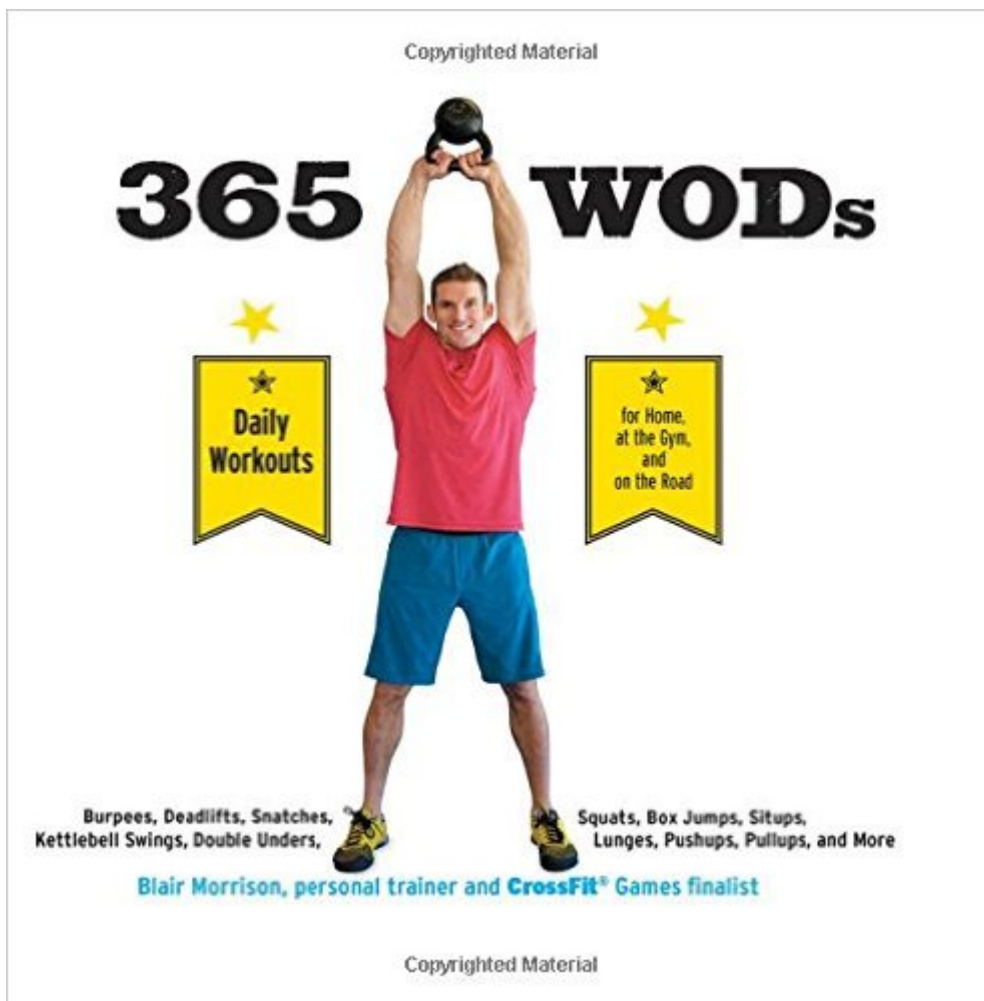


The book was found

# 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 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](http://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: 4.6 out of 5 stars Â Â See all reviews Â (11 customer reviews)

Best Sellers Rank: #434,327 in Books (See Top 100 in Books) #90 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #2824 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

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.

For Crossfitters this book has to be the bible, or daily prayerbook. It is very well thought out and

beautifully presented in the paper edition. Blair is a champion athlete - I know because he coached me to a world deadlift title. He the man, trust his guidance.

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.

Love this book. I travel a lot and this book comes in handy. When booking your hotel find one that has a park nearby. Take this book and get your workout. I've lost 100 lbs over the past 2 years and this book has helped me tone up. I've also bought 2 of these books to give away as gifts.

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.

Very clear and easy to understand! Well written and a ton of workouts, this book can be used for years

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

Hacking: Tapping into the Matrix Tips, Secrets, steps, hints, and hidden traps to hacking: Hacker, Computer, Programming, Security & Encryption Jack and the Hungry Giant Eat Right With Myplate Information Architecture: For the Web and Beyond Keep Your Love On: Connection Communication And Boundaries The Smarter Screen: Surprising Ways to Influence and Improve Online Behavior The New Rules for Love, Sex, and Dating A Lifelong Love: How to Have Lasting Intimacy, Friendship, and Purpose in Your Marriage Beautiful Data: A History of Vision and Reason since 1945 (Experimental Futures) Garden City: Work, Rest, and the Art of Being Human. Fear and Faith: Finding the Peace Your Heart Craves To Heaven and Back: The Journey of a Roman Catholic Priest A Doctor's Tools (Community Helpers and Their Tools) Why Suffering?: Finding Meaning and Comfort When Life Doesn't Make Sense Rainbow Warriors and the Golden Bow: Yoga Adventure for Children (Rainbow Warriors Yoga Series) Touching Heaven: A Cardiologist's Encounters with Death and Living Proof of an Afterlife Machines of Loving Grace: The Quest for Common Ground Between Humans and Robots Husband After God: Drawing Closer To God And Your Wife Sex is a Funny Word: A Book about Bodies, Feelings, and YOU Learn Command Line and Batch Script Fast, Vol II: A course from the basics of Windows to the edge of networking How to Start a Business Analyst Career: The handbook to apply business analysis techniques, select requirements training,

and explore job roles ... career (Business Analyst Career Guide)

[Dmca](#)