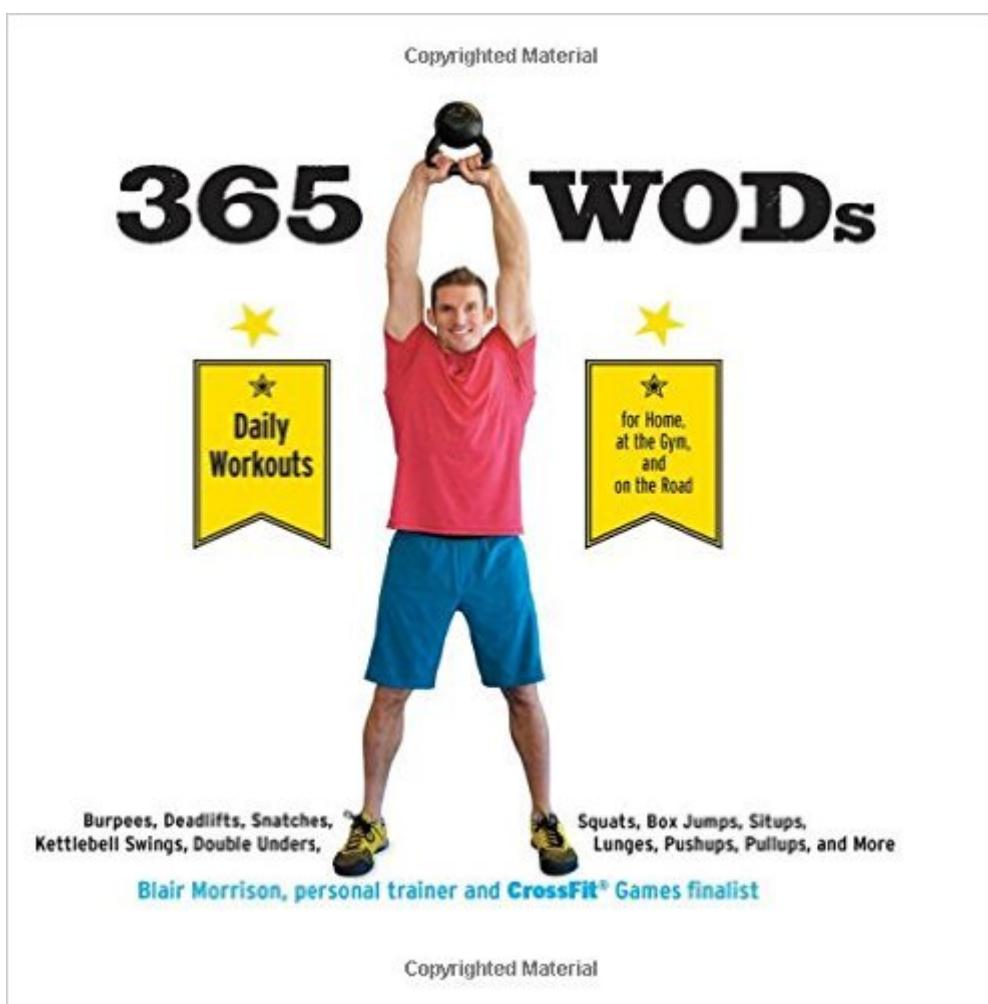


The book was found

# 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](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 starsÂ See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #434,327 in Books (See Top 100 in Books) #90 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #2824 inÂ 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...](#)

365 WODs: Burpees, Deadlifts, Snatches, Squats, Box Jumps, Situps, Kettlebell Swings, Double Unders, Lunges, Pushups, Pullups, and More Kettlebell Training: Rapid Muscular Enhancement and Athletic Development Using Kettlebell Only Training (Kettlebell Training and Workouts Book 1)  
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)  
Double Chin No More - How to Get Rid of A Double Chin! (Natural Beauty Book 1) Quantum Jumps: An Extraordinary Science of Happiness and Prosperity The Horizontal Jumps: Planning for Long Term Development It's Not All in Your Head: "Anxiety, Depression, Mood Swings, and MS The Bipolar Workbook, Second Edition: Tools for Controlling Your Mood Swings The Anatomy of Greatness: Lessons from the Best Golf Swings in History Double Chin - How To Get Rid Of A Double Chin Video Poker Winner's Guides: Vol. 6: A Winner's Guide to Double Double Bonus Poker Bottesini - Double Bass Concerto No. 2 in B Minor & Allegro Grande di Concerto: Music Minus One Double Bass Deluxe 2-CD Set Three One Act Comedies for Teens: Back Stage, The Dating Habits of Teenage Nerds & Double Double Hospital in Trouble The Swing!: Lose the Fat and Get Fit with This Revolutionary Kettlebell Program Enter The Kettlebell! Strength Secret of The Soviet Supermen The Russian Kettlebell Challenge: Xtreme Fitness for Hard Living Comrades Cross

Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) 87 Kettlebell Juggling Workouts Bundle: New Perspectives Microsoft Office 365 & Office 2016: Introductory, Loose-leaf Version + SAM 365 & 2016 Assessments, Trainings, and Projects with 1 MindTap Reader Multi-Term Printed Access Card Bundle: Illustrated Microsoft Office 365 & Office 2016: Fundamentals, Loose-leaf Version + MindTap Computing, 1 term (6 months) Printed Access Card ... Office 365 & Office 2016: Introductor

[Dmca](#)