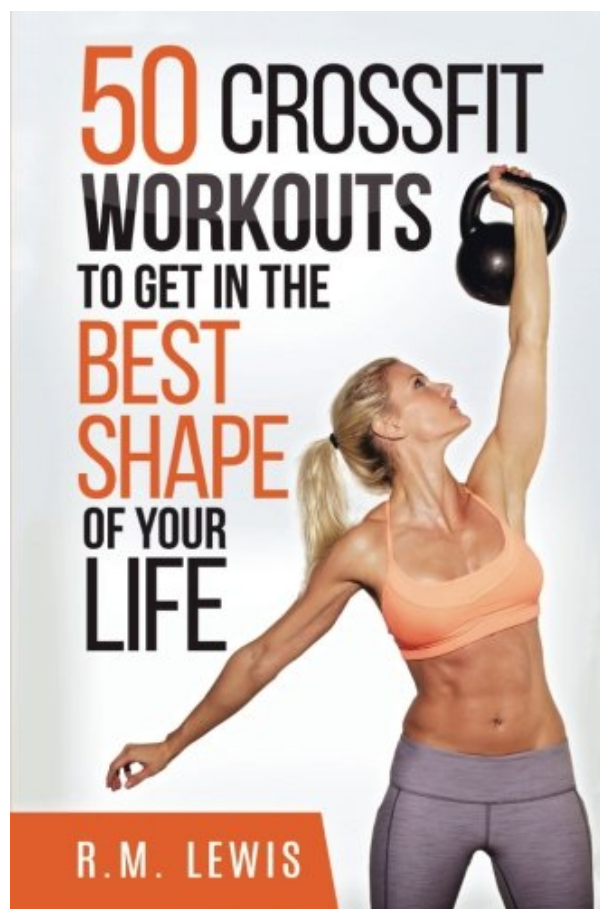
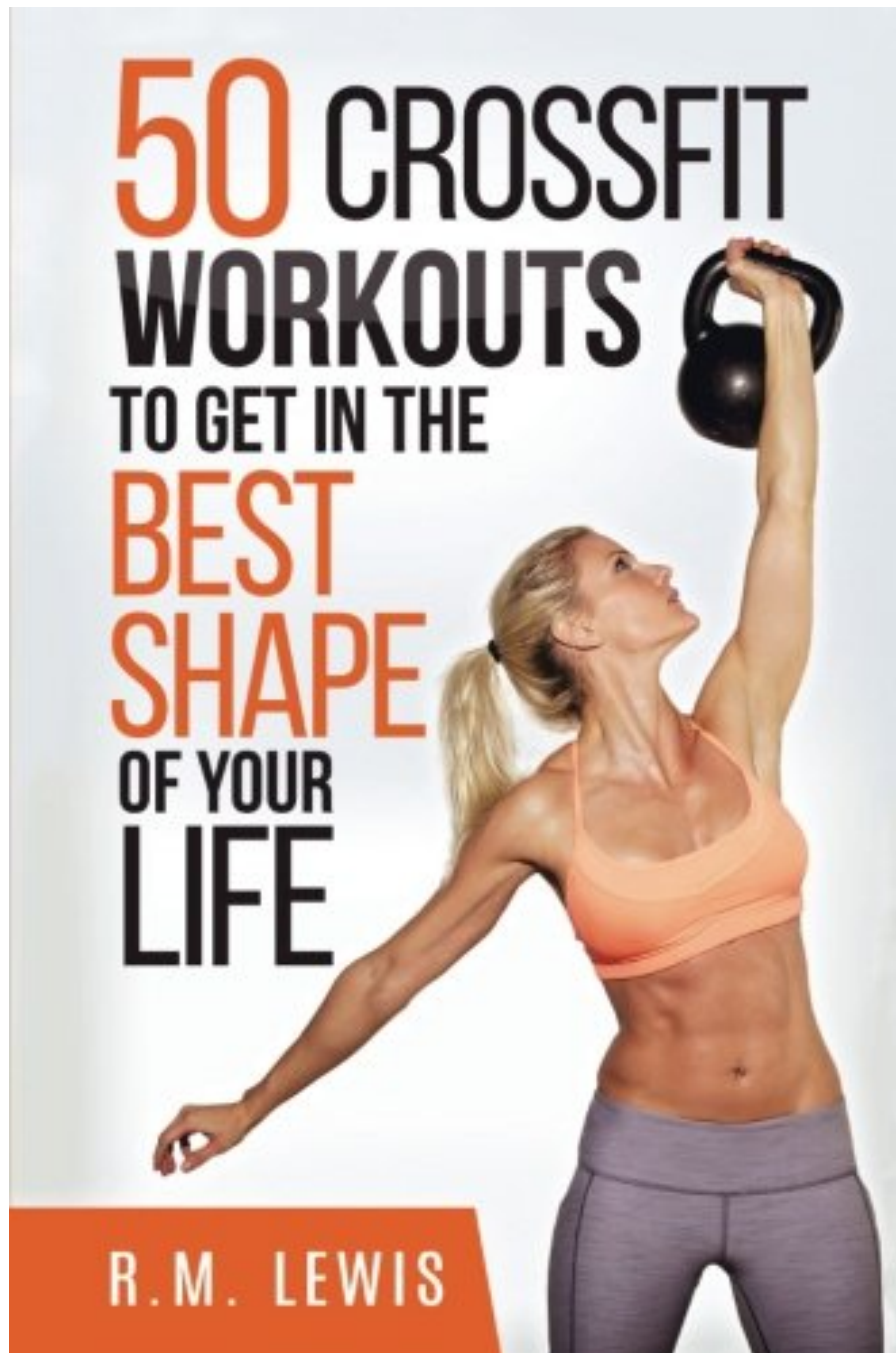


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CrossFit may be the absolute best and most effective way to improve your overall fitness level and health. It is a series of varied functional movements taken from weightlifting, gymnastics, running and more, all performed at a high intensity. All workouts are easily measurable for you to see and keep track of your progress. There is an infinite number of CrossFit workouts you can create which means you never have to get bored of doing the same routine every time you work out at the gym.

In this Book You'll Learn:

- The 50 best CrossFit workouts out there, all gathered in one simple-to-follow book
- Basic terms and common phrases in the CrossFit community
- How to do all the different CrossFit exercises like, double-unders, thrusters, wall-ball throws, squat cleans push press and many others
- Tips on how to improve your CrossFit performance
- How to be more energy efficient while you work-out
- And Much, Much More!

Many of the CrossFit workouts in this book can be done at home and require little gym equipment!

The 50 CrossFit workouts in this book are a mixture of beginner, intermediate level and expert level workouts. Make it a challenge to perform all 50 workouts!

This will literally get you in the best shape of your life and help you lose weight or gain muscle, depending on what your goal is. The improvement you see your 2nd time through these 50 workouts will be incredible!

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Useless for a beginner

By C. McCloskey

Disappointed.

It just gives you fifty pages of workouts, one per page.

These are just lists - 30 burpees, 30 double overs, etc. What you'd see written on any gym wall.

Not the first picture. No illustrations of what a burpee IS, different heights of box jumps, nothing.

I was hoping for an explanation and illustration of all the activities, so I could see the difference between a push-this and a press-that.

No.

0 of 0 people found the following review helpful.

Highly effective on workouts

By Kurt Fowler

Great guide book on CrossFit workouts. This book is providing the best workouts with easy steps and guide lines which are very effective. I am already following this book and already got many positive changes to my body shape. Here I got the 50 best CrossFit workouts out with easy basic terms I mostly like the double-unders, thrusters, squat cleans push press steps.

Containing lots of tips on how to improve CrossFit performance & how to be more energy efficient while work-out.

I recommend this book.

0 of 0 people found the following review helpful.

Highly recommended!

By Natasha Weller

Awesome guidebook! I'm always traveling and I don't always get to the gym. That's why I am always on the look out to help me get a workout in when in a hotel and other areas. The author provides an excellent job in writing this book. It's well layered, and for me, the workouts can be done in just 20 minutes. I found it useful, and I have been working through several different workouts and can testify to their effectiveness. There's no more excuses now, that's for sure. This is a great help.

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