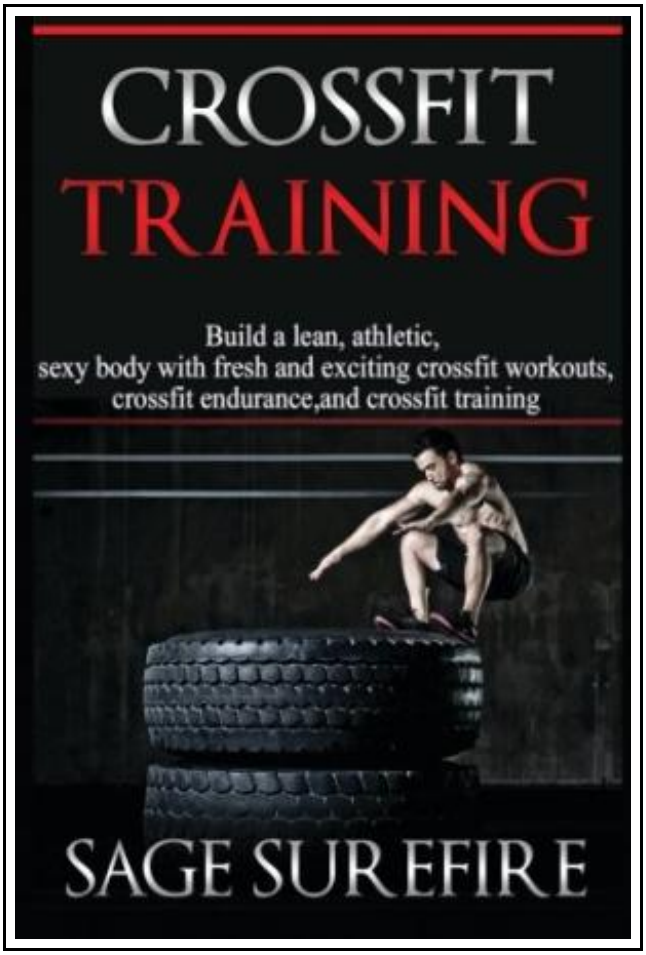
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Build A Lean Athletic Sexy Body Without Doing The Same Old Boring Exercises Aren t You Tired Of The Same Old Boring Fitness Exercises? Unless you ve been hibernating under a rock, you ve heard the buzz about CrossFit. New gyms specifically catering to this training style are popping up everywhere, the CrossFit Games are all over the TV, and the internet is abuzz with gushing CrossFit coverage. So, just what is CrossFit and how can it help you to get the body you desire? CrossFit is a training style that promotes fat loss, strength and fitness through work-out variation and challenge. Work-outs encompass all manner of movement, from weight resistance exercises, to bodyweight movements and distance exercises like running and rowing. Group sessions are held at CrossFit gyms (they actually call them Boxes) and generally last for an hour. Within this time trainers will go through a warm-up, a skills development segment, the work-out of the day (WOD) and a group stretching session. So, why train the CrossFit way? (1)It burns calories like crazy! (2)It keeps your work-outs fresh and exciting. (3)It strengthens your core. (4)It will give you a lean, athletic, sexy body. (5)It boosts your confidence inside and outside the gym. (6)It makes you really fit. (7)It s a great way to make new friends In this book, we ll guide you into the wonderful world of Crossfit. You ll discover the 9 foundational movements of Crossfit, learn how to combine them into a series of mind blowing workouts and discover how to stay safe while you take your workouts to the edge. This Title Covers Everything A Beginner Needs To Start Doing Crossfit Here...

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