



**Cross Training WOD Box Set #4: Cross Training
WOD Bible: 555 Workouts from Beginner to
Ballistic & Killer Kettlebell WOD Bible &
Bodyweight Cross Training ... Bodybuilding, Home
Workout, Gymnastics)**

P Selter

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The Cross Training Series!

*****BUY THE BOX SET AND SAVE*****

*****BONUS CONTENT UPON REDEMPTION*****

Box Set #4 Includes:

- Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic
- Killer Kettlebell WOD Bible: 200+ Cross Training KB Workouts
- Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts

Let me ask you a few quick questions...

Are you tired of spending endless hours walking on the treadmill?

Are you sick of following the same workout regime week after week?

Are you training hard, yet struggling to see results?

Do you struggle to find time to get in a proper workout?

Do you want to build explosive athletic power and strength, along with unbreakable confidence and a mindset to match?

If you answered 'Yes!' to any of these questions then this box set is a MUST READ

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 And Master Exercise & Workout Abbreviations
- **Recommended Cross Training Equipment (Get The Best 'Bang' For Your Buck)**
- Beginner WODs
- **Benchmark WODs**
- Bodyweight WODs (**No Equipment Required**)
- **Running WODs**
- Rowing WODs
- **Kettlebell WODs**
- Olympic Lifting WODs
- **Strongman WODs**
- Heavy Maximum Exertion WODs
- **Epic Endurance Challenges For The Seasoned Athlete**
- Much, much more!

Here Is A Preview Of What The Killer Kettlebell WOD Bible Contains...

- **A Comprehensive List Of The Health Benefits Of Cross Training**
- In Depth Terminology To Help You Understand And Master Exercise & Workout Abbreviations
- **An Explanation Of What A Kettlebell Actually Is Along With Its Russian Heritage**
- Benefits Of Kettlebell Training Revealed ***MUST READ***
- **Kettlebell Exercises Explained (Correct Form Including Photos)**
- Kettlebell Training Mistakes Revealed & How To Avoid Them
- **200 Cross Training Kettlebell Workouts!**
- 20 Assorted Bonus Workouts

- **Kettlebell WODs**
- Cross Training Recommended Equipment ***October 2014***
- **Much, much more!**

Here Is A Preview Of What The Bodyweight Cross Training WOD Bible Contains...

- **A Comprehensive List Of The Health Benefits Of Cross Training**
 - In Depth Terminology To Help You Understand And Master Exercise & Workout Abbreviations
 - **An Explanation Of What Bodyweight Training Actually Is**
 - Benefits Of Bodyweight Training Revealed ****MUST READ****
 - **The Essential Principles Of Bodyweight Training To Transform Your Physique**
 - Bodyweight Exercises Explained With Photos & Correct Form
 - **220 Bodyweight Workouts Suitable For Everyone From Beginners to Experts**
 - Much, much more!
-

Tags:

Kettlebell Training, Kettlebell Exercises, Prisoner Workout, Prison Training, Cross Training, WODs, WOD Bible, Build Muscle, Fat Loss, Increase Endurance, Bodyweight Exercises, Bodyweight Training, Bodyweight Workout, Bodyweight Strength Training, Bodyweight Fitness, Bodyweight Bodybuilding

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Amanda Bell:

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Bernetta Smith:

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Rene Hudson:

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