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## Crossfit Training: Build a Lean Athletic Sexy Body with Fresh and Exciting Crossfit Workouts Crossfit Endurance and Crossfit Training

By Sage Surefire

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...



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