



365 WODs: Burpees, Deadlifts, Snatches, Squats, Box Jumps, Situps, Kettlebell Swings, Double Unders, Lunges, Pushups, Pullups, and More

By Blair Morrison

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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.

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- 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
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- Workouts for the gym, at home, and on the road

The 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

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Editorial Review

Review

"Blair readily adapts workouts to accommodate those with injuries or physical limitations." - Rose Marie Wreaks, gym member

"Blair's workouts are well balanced and varied from day to day, covering all aspects of training and avoiding monotony." - Bud Wreaks, gym member

"Blair is thorough and definitive in explaining and demonstrating every workout experience." - Bob Vastine, client

About the Author

Blair Morrison is the owner of CrossFit Anywhere, a CrossFit gym with three locations in northern California. As a competitor in the CrossFit games, he placed 7th in 2009, 23rd in 2010, 5th in 2011. Blair has traveled the world studying fitness environments and incorporates outdoor fitness regimes into his training.

Users Review

From reader reviews:

Sally Watts:

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