



**Crossfit: Strength and Endurance Training:
Crossfit Trilogy, 3-Books-in-1 (Cross Training,
Bodybuilding, Weight Lifting, Exercise for Men
and Woman) (High ... Training for Strength and
Fat Loss)**

D. James Smith

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DISCOUNT- Book is reduced from \$4.99 to \$2.99 for a very limited time!

Crossfit Now Trilogy! Is the the Best of the Best of my 3 Crossfit books rolled into 1.

This Trilogy gives you literally everything you need to know about Crossfit. It includes:

Book I. "Crossfit- An Ultimate Beginners Guide" which is an introduction to all of the Crossfit principles, paleo dieting and it gives you beginner level WODs (workouts of the day). Book II. "50+ WODs" has been designed to show you nearly all of the WOD workouts you will ever experience in crossfit. They are broken down by exercise, sets and reps so that you can do them anytime and anywhere. Finally Book III. " Paleo Dieting Now!" is an awesome book that explains in great detail what Paleo dieting is and why you should include it if you are getting into Crossfit. This book gives you detail meal plans broken down by Breakfast, Lunch and Dinner and even gives you recipes for healthy soups, sides and desserts!

Below are brief summaries of each Book in the Crossfit Trilogy:

Book I. Crossfit an Ultimate Beginner's Guide

Crossfit isn't a fad - it's a lifestyle. It is demanding, but undeniably effective in helping people get control over their diet and habits. There are so many different elements to Crossfit that you can do a different workout every day to prevent boredom and the usual routine that makes people quit exercising. From changing your diet to embracing the SUCK, there are a lot of things you should know and prepare yourself to do before you start the Crossfit regimen. Crossfit is the promise of pain and long-term gain in exchange for your dedication. And it has one of the most supportive communities to help you get through the rough times. Getting started is almost easy, sticking with it takes determination and a strong will that pays off with a new and healthier lifestyle.

Book II. 50+ WODs

Whether the exercise asks you to do as many repetitions as you can in a set period of time or asks you to do a set of different exercises as quickly as possible, every WOD leaves you tired. For those of you who want to focus on improving a particular aspect of their body, such as abs, arms, or legs, there are WODs designed to tone and build those areas. If you prefer to work from a particular discipline (bodyweight or running training), there are WODs designed to help you do better in that discipline. Of course, there are also terms and jargon that go with the regimen and we explain them for you. This book helps you understand the basics

and start training based on your goals.

Book III. Paleo Dieting Now!

The book takes you through how the diet first got started, and then it addresses what most people are interested in – weight loss. It then gives you a number of options for foods you can eat to show you that it isn't quite as difficult as you may think. You don't have to give up meals, you just need to be more careful about what you put into your system.

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From reader reviews:

Kathleen Land:

Reading a guide tends to be new life style on this era globalization. With reading through you can get a lot of information that could give you benefit in your life. Using book everyone in this world could share their idea. Guides can also inspire a lot of people. Plenty of author can inspire their own reader with their story or maybe their experience. Not only situation that share in the textbooks. But also they write about advantage about something that you need illustration. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors these days always try to improve their skill in writing, they also doing some exploration before they write with their book. One of them is this Crossfit: Strength and Endurance Training: Crossfit Trilogy, 3-Books-in-1 (Cross Training, Bodybuilding, Weight Lifting, Exercise for Men and Woman) (High ... Training for Strength and Fat Loss).

Dane People:

Crossfit: Strength and Endurance Training: Crossfit Trilogy, 3-Books-in-1 (Cross Training, Bodybuilding, Weight Lifting, Exercise for Men and Woman) (High ... Training for Strength and Fat Loss) can be one of your basic books that are good idea. Most of us recommend that straight away because this book has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to set every word into delight arrangement in writing Crossfit: Strength and Endurance Training: Crossfit Trilogy, 3-Books-in-1 (Cross Training, Bodybuilding, Weight Lifting, Exercise for Men and Woman) (High ... Training for Strength and Fat Loss) however doesn't forget the main level, giving the reader the hottest and based confirm resource facts that maybe you can be one among it. This great information can easily drawn you into brand-new stage of crucial imagining.

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