



# **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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**Kathleen Land:**

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**Dane People:**

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