



150+ WODs for Women: The Ultimate Cross Training Workout Compilation for Females

P Selter

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WODs for Women: The Ultimate Cross Training Workout Compilation for Females BONUS – exclusive content upon redemption. 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 boring 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 a sexy, toned physique like the girls of Victoria's Secret, along with unbreakable confidence and a mindset to match? If you answered yes to any of the above then WODs for Women is a must have!. Cross Training is a new style of training that has swept across the fitness industry like wildfire! Here is A Preview Of What WODs for Women Contains: Shocking myths debunked regarding women & weightlifting Guidelines for how women should train, in order to achieve the toned body of their dreams A look into the benefits of weightlifting, as opposed to conventional cardio exercises for women An explanation on what Cross Training actually is, along with the top reasons why you should be doing Cross Training Acronyms Explained A look into the common Cross Training exercises How to read and understand a WOD (workout) 10 Beginner Workouts 17 Benchmark Workouts 100 Bodyweight Workouts 20 Workouts that take 5 minutes or less! 40+ Cardio Based Workouts

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