



Tactical Cross Training WOD Bible: Hardcore Workouts for Spartan Warriors, Action Heroes & Special Forces

P Selter

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Regardless of your gender, age or current fitness level you're about to discover a variety of hardcore functional fitness based workouts to build a fortress of a physique that will stand the test of time If you want the body of a Spartan Warrior you have to train like one! These workouts are the key Here is A Preview Of What the Tactical Cross Training WOD Bible contains: A comprehensive list of the health benefits of Cross Training The importance of Tactical Training explained In depth terminology to help you understand the abbreviations and lingo used in Cross Training How to scale the workouts to your current level or needs 150 Tactical Cross Training WODs (workouts) And Much More!

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Irving Brehm:

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Alfred Leahy:

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Harry Blalock:

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