



# **CrossFit Guide for Beginners: The Training Manual for Developing Extreme Athleticism (Exercises, Nutrition & WODs included)**

*Markus A. Kassel*

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## The No-Nonsense Guide to Start Training CrossFit on the Right Foot!

*Are you fed up with going to the gym, pushing weights and riding the darn elliptical? You need a breath of fresh air and thought, maybe, CrossFit was the key? You heard it was a **great training method, both extremely efficient and fun**, but you have no idea where to even begin?*

If you're in this situation, this manual was made for you!

In these pages, we will see together:

- **Why CrossFit is such an effective sport for losing weight, building muscle and developing your athleticism;**
- The equipment you will need and how to train with nothing but your bodyweight if you don't have access to a CrossFit club;
- **The different techniques you will have to learn and how to perform each and every one of them;**
- The best WODs to get your feet wet and how to progress to the harder variations;
- **And so much more!**

## Don't Waste Another Minute - Give Your Body the Workout It Deserves!

Scroll back up, [click the "BUY NOW" button](#) and claim your copy! If you're serious about learning how to do CrossFit and take your speed and power to a whole new level, you owe it to yourself to read this book.

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