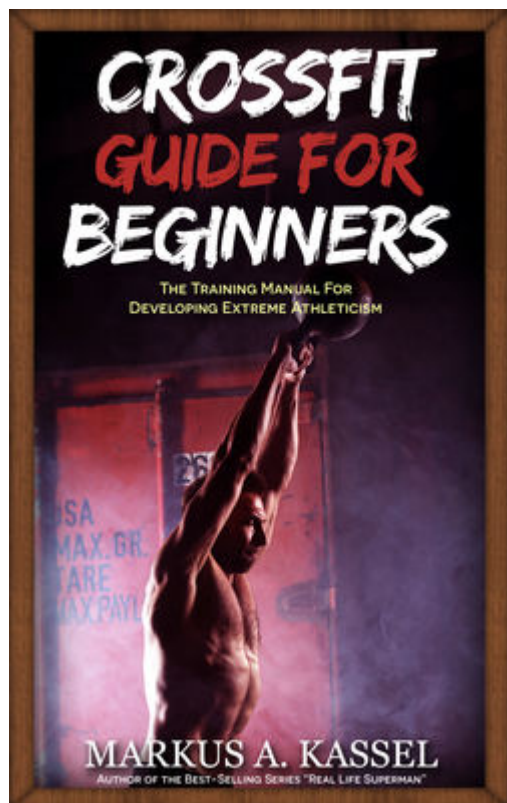


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The No-Nonsense Guide to Start Training CrossFit on the Right Foot!

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?

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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!

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