



**WODs: WODZILLA: The Ultimate WOD
Compilation 700+ Cross Training Workouts
(Cross Training WOD, Cross Training Bible,
Wods, Build Muscle, Fat Loss, Kettlebell ... Home
Workout, Bodyweight Training)**

Ben Morgan

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WODZILLA! Jam Packed With Over 700 WODs!

Getting Stronger, Burn Fat, Increase Your Endurance & Coordination With These Workouts! Suitable For All Levels!

Looking for the Ultimate WOD Book? You've Found it!

If you're looking for the ultimate compilation of WODs, suitable for anyone including those just getting into cross training all the way up to athletes at an elite level then this is the book for you!

Featuring over 700 workouts you'll never be short of a WOD, whether you want to focus on bodyweight training, do some intense Russian kettlebell training or perform some heavy Olympic lifts WODZILLA has you covered!

Where ever you go as long as you have this book you'll have a plethora of suitable, challenging workouts on hand!

Here's A Preview of What You'll Find Inside WODZILLA...

- **10 Warm up WODs to get your muscles ready to work**
- **78 Benchmark WODs to measure your progress!**
- **30 Running WODs**
- **20 Rowing WODs**
- **70 Heavy Lifting WODs, featuring Olympic and strongman style lifts**
- **20 WODs that take 5 minutes, perfect for when you're short on time!**
- **20 WODs that take 10 minutes**
- **20 WODs that take 20 minutes**
- **200 Russian Kettlebell based WODs**

- 200 Bodyweight WODs, no fancy gym equipment required!
- **50 Partner WODs – grab a buddy or two and smash these workouts!**

Scroll up and download your copy today! It's time to get into the best shape of your life with the help of WODZILLA

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