



365 WODs: Burpees, Deadlifts, Snatches, Squats, Box Jumps, Situps, Kettlebell Swings, Double Unders, Lunges, Pushups, Pullups, and More

Blair Morrison

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Challenge your body with the ultimate resource of daily workouts.

Fast-paced exercise programs based on high intensity interval training are sweeping the nation. Their recipe for success is the WOD, or workout of the day. Planks, squats, crunches, pushups are all great, but changing up a routine can be challenging, and it can be difficult to find a resource for so many different workouts. Until now.

365 WODs features a new workout for each day of the year. With endless variety, you'll never become bored with your fitness routine. You'll find:

- Instructions and step-by-step photos for 40 fundamental movements, allowing you to perfect your technique and avoid injury
- A choice between beginner, intermediate, and advanced difficulty levels for each WOD
- A glossary so you can make sense of common terminology and acronyms
- Workouts for the gym, at home, and on the road

The ultimate resource of exercises, 365 WODs will help you push your limits all year long.

"Blair is among the best athletes, teachers, and coaches in our industry." - Ben Alderman, owner CrossFit Iron Mile - www.crossfitironmile.com

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