

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)

By Ben Morgan

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- **70 Heavy Lifting WODs, featuring Olympic and strongman style lifts**
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- 20 WODs that take 20 minutes
- **200 Russian Kettlebell based WODs**
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- Sales Rank: #139424 in eBooks
- Published on: 2014-06-20
- Released on: 2014-06-20
- Format: Kindle eBook

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