



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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- **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!**

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