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Set includes 6", 12", and 18" Soft Impact Plyo Box. Soft Impact Plyo Boxes are made from high density foam and covered with 18oz.vinyl. The bottoms and tops are 30 oz. non-skid vinyl. Each box has a handle for easy repositioning and Velcro strips for stability when stacking. Stack any combination together for desired height. All boxes are 30" X 36".

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Wood Plyometric Box by Day 1 Fitness - 4 SIZE OPTIONS (16x14x12, 20x18x16, 24x20x16, OR 30x24x20) - 3-in-1, for Crossfit Training, Jumps - Heavy-Duty, Non-Slip Plyo Boxes, Rounded Corners for Safety 4.5 out of 5 stars 94 \$51.44\$51.44 FREE Shipping by Amazon

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Includes: Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic

Cross Training WOD Box Set #4: Cross Training WOD Bible ...

Perform 3 rounds of 10 of the following with as much intensity as you can: air squats Sit-ups Push-ups ring rows burpees

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The 15 Best CrossFit WODs For Beginners

Minute 1: 10 Burpee Box Jump-overs at 24" (20" for women)
Minute 2: 10 Toes to Bar. Alternate in this pattern until 10 minutes are up. "Ten minutes will never go by so fast and slow at the same time," says Morris, who also recommended this WOD.

5 CrossFit Workouts to Build Shredded Six-pack Abs ...

For weighted pull-ups, place a 30/45-lb. dumbbell between the legs above crossed ankles and jettison the dumbbell after the third rep. Then continue with strict pull-ups and kipping pull-ups. Coming off the bar or going to ground constitutes termination of a set. Post time and number of sets to completion. Compare to 161219.

CrossFit.com: WODs

WOD, in CrossFit parlance, means Workout of the Day. When it

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comes time to get sweaty in the box (CrossFit gym, natch), the WOD serves as a set of instructions for the physical challenge you're...

12 Best CrossFit Workouts You Can Do At Home - CrossFit WODs

Thousands of unique workouts right at your fingertips. The WODdrive is a web-app designed for generating circuit- and interval-type workouts, and functional fitness challenges consistent with popular cross-training methods (WODs, WOD, or Workout of the Day).

Cross-training, Functional Fitness, Free CrossFit ...

20 Box Jumps (24" / 20") 10 Pull-ups. 30 Sit-ups. 20 Push-ups. 10 Box Jumps (24" / 20") 20 Sit-ups. 10 Push-Ups. 10 Sit-ups. 11. Gymnastic Fantastic. 3 Rounds for Time: 10 Muscle-ups. 10 Forward Rolls. 20 Pistol squats, alternating. Handstand walk 20

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yards. 12. "Cindy" 20min AMRAP. 5 Pull-ups. 10 Push-ups. 15 Air Squats. 13. Gymnastic Stamina WOD

Top 20 Bodyweight WODs for CrossFit - WOD Fever

Perfect for beginners and advanced athletes. Change the intensity and style of your workout every time. Conveniently stack and store boxes when not in use to conserve space.

Dimensions: 22" (l) x 22" (w) x 12" (h). Made in the USA.

Available in: 8" Plyo Box 12" Plyo Box Set: 2-12" and 1-8"

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Access Free Cross Training Wod Box Set 4 Cross Training Wod Bible 555 Workouts From Beginner To Ballistic Killer Kettlebell Wod Bible questions...

Bodyweight Cross Training Bodybuilding Home Workout Gymnastics
Cross Training WOD: Cross Training WOD... book by P. Selter

Set includes 6", 12", and 18" Soft Impact Plyo Box. Soft Impact Plyo Boxes are made from high density foam and covered with 18oz.vinyl. The bottoms and tops are 30 oz. non-skid vinyl. Each box has a handle for easy repositioning and Velcro strips for stability when stacking.

Soft Plyo Box Set - 360 Fitness Superstore

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The Ultimate Cross-Training Workout for Runners Ten exercises to improve strength, running economy, and resilience for the road or trail Runners might think pumping iron in the gym is a waste of time.

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