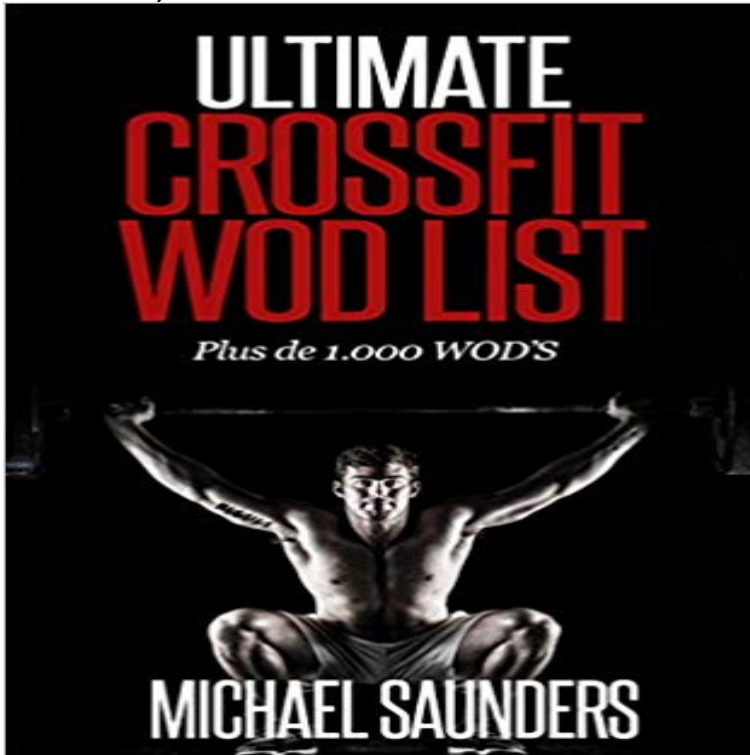


# Ultimate Cross Training WOD List: Plus de 1,000 WODs (French Edition)



Ultimate Cross Training WOD List. Plus de 1.000 WODs Cross Training WOD List WODS: Total Beginner WODS Beginner Strength WODS Beginner Endurance WODS Beginner Strength/Endurance WODS Strength only WODS Benchmark Hero Bodyweight Free Weights Kettlebell Mixed Endurance only WODS Run Swim Row Biking Inliner Endurance-Exercises Mixed-Endurance Strength/Endurance combined WODS Benchmark Hero Bodyweight Free Weights Kettlebell Mixed Other WODS Sling Trainer (z.B. TRX-Systeme) Speed Ropes AB-Roller Calisthenics Challenges Crazy WODS Strength only Endurance only

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