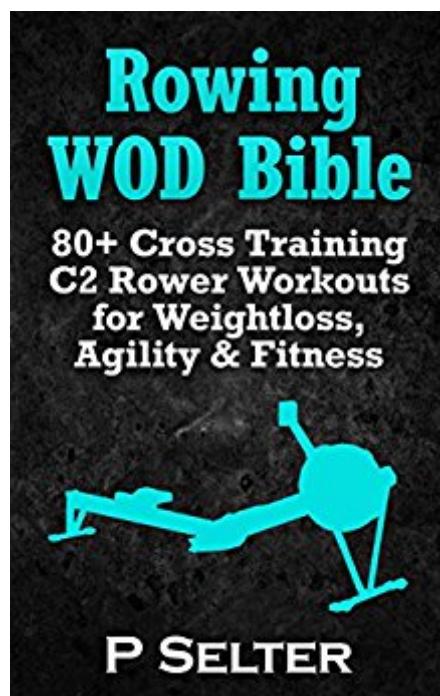


The book was found

Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts For Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling)



Synopsis

80+ Rower Workouts To Accelerate Your Weight Loss, Agility & FitnessRead on your PC, Mac, smart phone, tablet or Kindle device.* * * BONUS â “ Exclusive Content Upon Redemption * *

*Regardless of your gender, age or current fitness level youâ “ re about to learn how to build a fit and healthy body without any expensive gym memberships or overhyped workout equipmentA ROWER IS ALL YOU NEED!Here is A Preview Of What The Rowing WOD Bible Contains...A Comprehensive List Of The Health Benefits Of Cross TrainingHealth & Fitness Benefits Of Stationary Rowing ExplainedHow To Row CorrectlyThe Rowing Commandments ***A MUST Read***80+ Rowing WODs (Workouts) And Much More! Download your copy today and get started with these killer rowing workouts!Now you have no excuse to workout â “ with these fun, convenient rowing workouts â “ Click â ^Orderâ “ and letâ “ s get started now!

Book Information

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Customer Reviews

This is a great guide for Cross Training with a combination of a rowing machine. I didn't realize there were so many possible options to how to exercise with such a machine. The bonus book was also

really nice to have because it helped switch up my exercise regimen from just the rowing machine. Both books provided great detail on how to perform the exercise that is mentioned within specific chapters that are denoted to work a specific region of the body.

Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility and Fitness is a great read. It has a lot of different workouts so that you never get bored. I would suggest this book to anyone who is interested in this topic.

I am not a very good rower, so the information in here was really helpful. My only beef is that this book, like a lot of self-published e-books, is really poorly edited. The author could have benefitted from having the manuscript gone over by a proofreader. Lots of grammar and punctuation mistakes, and a crap-ton of run-on sentences. Not bad for the money, though.

I didn't know that indoor rowing is fitter than having an outdoor one until I have read this guide. I learned that rowing targets both the upper and lower body which makes the full range in motion. And also great tips are provided to be more efficient and decrease the risk of injury.

These 80+ cross training workouts can really help you lose weight and build muscle. The book is written very well, with great details and explanations. I believe it is just so wise to keep a copy of this, so that every time you will do the workouts, you will be well guided by it and you will not give your body more than what it needs. I like the whole book because it is just short but well presented. It didn't exaggerate things also that makes it more effective.

This book shows you the many health & fitness benefits of rowing, along with 80 + rowing workouts you can implement immediately to improve your speed, agility and overall. Performing these workouts on a regular basis will help you build not only a strong, flexible, functionally fit body that will be ready to take on anything life throws at it. Whether you're looking to get a competitive advantage in your sport or just to increase your mobility, agility and health these rowing workouts are the answer. Strengthening your body will strengthen your mind.

With just the title of this book it's like the summary of what's inside which are really helpful. This book is not just for body but also good for the mind. This book would really be helpful for beginners.

I have a heel injury that prevents me from running, and I've been using the C2 rower, so I thought what the heck give this a try. What a mistake. Several of these workouts repeat, and only about half of it is cross training with several typos. I could create better routines for people in an afternoon at my computer. Save your money and use your imagination to create your own workouts. You'll be glad you did.

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agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) 365 WODs: Burpees, Deadlifts, Snatches, Squats, Box Jumps, Situps, Kettlebell Swings, Double Unders, Lunges, Pushups, Pullups, and More Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) HIIT: The Fastest Way to Get Ripped and Maximize Your Workout (HIIT Training) (Volume 1)

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