



AWESOME CROSS TRAINING: 100 CROSS TRAINING EXERCISES + 100 CROSS TRAINING WORKOUTS

Mariana Correa

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Awesome Cross Training is the most comprehensive guide to achieving your fitness goals including Cross Training workouts and exercises designed to build muscle, burn fat and get you in the best shape of your life. The proper diet is essential to succeed so you will also find included 50 Paleo recipes designed to complement your workouts. With 100 Custom Intense Cross Training workouts to boost your performance and push you to the limits this book will help you accomplish your goals and become the fittest crossfitter you can be. Cross Training is a revolutionary sport in which you challenge your body in every possible way, to truly make your body strong, healthy, fit and fast, taking it all to the next level. The author Mariana Correa is a former professional athlete and certified sports nutritionist that competed successfully all over the world. She shares years of experience both as an athlete and a coach bringing a priceless perspective. "This life is temporary, this body is temporary, but while I'm here I want to get as much out of it as I can." Rich Froning – 5 time Champion Crossfit Games

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