

No doubt you have heard of CrossFit or seen a CrossFit Gym near your house. You may be wondering what all the hype is about. CrossFit has many loyal followers and with good reason, it is a great workout for building muscle and shedding fat. The only real variable is you. What you put into it is what you get out of it. This book will briefly discuss the details of CrossFit and then explore how it can be used to build muscle and shed fat. The book will also take a look at the important tracking and measuring that are central to the workout's success. ***Here Is A Preview Of What Youll Learn*** I'm Just looking for a Little Definition How Does This Work in Real Life CrossFit is For Building Muscle, Definition, and what really matters- Strength NO Fluff! Why CrossFit Excels at Fat Burning Let's Keep Score

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