



CROSS-ABLE, CROSS- CAPABLE, CROSS-READY...: Beginner's guide to complete workout

Victoria Martin

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CrossFit is the latest workout sensation, but it's more than an exercising routine. It has its own language, its own internal rules and ambitious goals. CrossFit athletes are otherworldly and perform exceptional feats of strength and stamina. But what is CrossFit? What is a WOD? How do you do a burpee? And more importantly, why do people seem to love it or hate it, nothing in between?

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