



## Functional Cross Training: The Revolutionary, Routine-busting Approach to Total Body Fitness

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By Brett Stewart, Jason Warner

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Functional Cross Training: The Revolutionary, Routine-busting Approach to Total Body Fitness, Brett Stewart, Jason Warner, UPGRADE YOUR WORKOUT Combining plyometrics, intense circuit training, weight lifting and bodyweight exercises, this book's revolutionary programs guarantee to help you achieve a fit, toned body and peak overall fitness. The step-by-step workouts produce astounding results: \*Dramatically increased power \*Incredible endurance \*Packed-on lean muscle \*Reduced body fat Whether your goal is to drop extra weight, shave minutes off a race time or finally get ripped abs, this book is the workout partner that will push you to your full potential.



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