

HYROX

THE FITNESS COMPETITION FOR EVERY BODY

2. SLED
PUSH
50M



4. BURPEE
BROAD
JUMP
80M



6. FARMERS
CARRY
200M



8. WALLBALLS
100



1. SKI
1000M

3. SLED
PULL
50M

5. ROW
1000M

7. 100M
LUNGES

Pro Fitness Workout

William A. Cohen

Pro Fitness Workout:

Workouts For Dummies Tamilee Webb, 1998-12-28 Every few months a new diet wonder drug or workout machine hits the market promising instantaneous results. Unfortunately none of these fads ever seems to work. That's because the secret to good health is based on a balanced workout routine which consists of eating a healthy diet, exercising, resting your body and doing your best to find balance in all aspects of your life. If you can dedicate yourself to this goal and are willing to work for what you want, you can have a healthy and fit body. *Workouts For Dummies* by Tamilee Webb, whose buffed body is the star of the *Buns of Steel* workout video series, will show you how to get the most out of your workout routine no matter what your current level of fitness. If you're a workout enthusiast, this book will help you shape up with easy workouts you can do anytime, anywhere. Even if you've never exercised, don't worry: this book starts with basic topics such as choosing shoes and warming up. *Workouts For Dummies* covers everything you'll need to create an effective exercise program, starting with an explanation of body types so you don't think you'll end up looking like Cindy Crawford if you don't already. The workouts that suit your body type. You'll also find directions for stretches, aerobic exercises, muscle conditioning using weights, furniture exercise bands and bars, and workouts for different locations: home, office, gym, all with illustrations. *Workouts For Dummies* also deals with the following topics and much more: Creating a personalized workout, Warming up, cooling down and stretching, Preventing common injuries, Targeting and toning trouble spots, Evaluating equipment, gear and gadgets, Determining your fitness level, Working out while traveling. Filled with expert tips, techniques and step-by-step photos that illustrate over 100 exercises, *Workouts For Dummies* will help you make exercising an enjoyable part of your life.

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