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Traveling WOD List - No Equipment Needed

Tabata Is 20 Seconds Work With 10 Seconds Of Rest
For 8 Rounds - Squats - Squats With Eyes Closed - Push-
ups - Squats & Push-ups - Tuck Jumps & Sit-ups Squats
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Kettlebell Wod At Home

A 2010 Study Showed That Kettlebell Can Burn Up To 20.2 Calories Per Minute. Cardiovascular Capacity. Workouts With Kettlebell Will Test Your Cardiovascular Ability When You Are In A “flow”, Doing Back-to-back Exercises Without Resetting. Another Study Conducted In 2010 Showed That Kettlebell Apr 23th, 2024

One Incredible WOD Consisting Of Four Tasks!

CrossFit Burpees 4 Min. AMRAP 36 Reps Minimum 2 Minutes Rest. The Second Task Is A Kettlebell Combo: Alternating Kneeling Press 6 Min. AMRAP Double Kettlebells 2 Minutes Rest. The Third Task Is Three Sets Of Carefully Picked Exercises, Four Reps Of Each Exercise All With Double Kettlebells Feb 17th, 2024

Wtwf WoD Armory

Low-caliber Bullets Like .22s Could ‘ride’ The Skull Instead Of Piercing It, Doing No More Damage Than Digging A Skin Trench Toward The Back Of The Head. But This Wasn’t That. Shonda’s Glock Was A 10mm. No Small Lead. He Came Toward Me. I fi Red Three More Rounds Into His Feb 16th, 2024

WOD DIVERSIONS MYTHOS

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H.P. Lovecraft's Cthulhu Mythos, But Not With The Original Game. You May Notice Some Of The 'converted' Concepts Have Taken On A Slightly Different Meaning In This Game. I ... Feb 24th, 2024

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