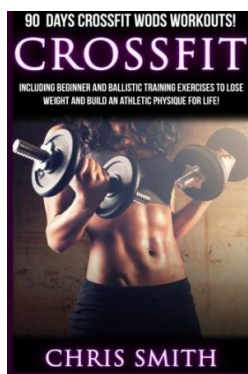


## Crossfit: 90 Day Crossfit Wods Workouts! Including Beginner and Ballistic Training Exercises to Lose Weight and Build an Athletic Physique for Life!



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### Book Review

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