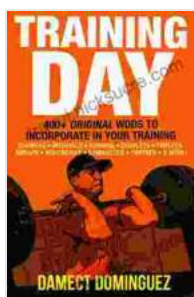


400 Original WODs to Spice Up Your Training

Are you tired of the same old boring workouts? Looking for a way to challenge yourself and keep your fitness routine fresh and exciting? Look no further than this comprehensive collection of 400 original Workouts of the Day (WODs). These WODs are designed to target all aspects of fitness, from strength and endurance to cardio and flexibility.



Training Day: 400+ Original WODs to Incorporate in Your Training by Mark Kislich

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2048 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 162 pages



Whether you're a beginner or an experienced athlete, there's a WOD in here for you. Each WOD is clearly explained and includes modifications for different fitness levels. So what are you waiting for? Get ready to spice up your training and achieve your fitness goals!

The Benefits of WODs

- **Variety:** WODs provide a wide range of exercises and movements, so you'll never get bored.

- **Challenge:** WODs are designed to push you out of your comfort zone and help you reach new levels of fitness.
- **Efficiency:** WODs are typically short and intense, so you can get a great workout in a short amount of time.
- **Fun:** WODs are a great way to challenge yourself and have some fun at the same time.

How to Use This List of WODs

This list of WODs is divided into ten categories: bodyweight, dumbbell, kettlebell, barbell, mixed modalities, cardio, strength, endurance, flexibility, and agility. Each category contains a variety of WODs that target different fitness goals. To use this list, simply choose a WOD from the category that best suits your current fitness level and goals. You can also mix and match WODs from different categories to create your own personalized workout plan.

Bodyweight WODs

- **100 Burpee Challenge:** As many burpees as possible in 10 minutes.
- **20-Minute AMRAP:** As many rounds as possible of 10 push-ups, 10 squats, and 10 jumping jacks in 20 minutes.
- **30-Minute Tabata:** 20 seconds on, 10 seconds off, for 30 minutes of bodyweight exercises such as squats, push-ups, and jumping jacks.

Dumbbell WODs

- **Dumbbell Thruster and Burpee Complex:** 10 dumbbell thrusters, 10 burpees, 10 dumbbell thrusters, 10 burpees, 10 dumbbell thrusters.

- **20-Minute Dumbbell EMOM:** Every minute on the minute, for 20 minutes, perform 10 dumbbell swings, 10 dumbbell rows, and 10 dumbbell thrusters.
- **30-Minute Dumbbell Circuit:** 10 reps of each exercise, for 3 rounds, with 1 minute rest between rounds: dumbbell snatches, dumbbell lunges, dumbbell bench press, dumbbell rows.

Kettlebell WODs

- **Kettlebell Swing and Goblet Squat Complex:** 10 kettlebell swings, 10 goblet squats, 10 kettlebell swings, 10 goblet squats, 10 kettlebell swings.
- **20-Minute Kettlebell Tabata:** 20 seconds on, 10 seconds off, for 20 minutes of kettlebell exercises such as swings, snatches, and thrusters.
- **30-Minute Kettlebell Circuit:** 10 reps of each exercise, for 3 rounds, with 1 minute rest between rounds: kettlebell swings, kettlebell cleans, kettlebell snatches, kettlebell thrusters.

Barbell WODs

- **Barbell Back Squat and Overhead Press Complex:** 10 barbell back squats, 10 overhead presses, 10 barbell back squats, 10 overhead presses, 10 barbell back squats.
- **20-Minute Barbell EMOM:** Every minute on the minute, for 20 minutes, perform 10 barbell back squats, 10 barbell rows, and 10 barbell thrusters.

- **30-Minute Barbell Circuit:** 10 reps of each exercise, for 3 rounds, with 1 minute rest between rounds: barbell back squats, barbell bench press, barbell rows, barbell overhead press.

Mixed Modalities WODs

- **Burpee, Box Jump, and Row Complex:** 10 burpees, 10 box jumps, 10 rows, 10 burpees, 10 box jumps, 10 rows.
- **20-Minute Mixed Modalities Tabata:** 20 seconds on, 10 seconds off, for 20 minutes of mixed modalities exercises such as burpees, box jumps, rows, and sprints.
- **30-Minute Mixed Modalities Circuit:** 10 reps of each exercise, for 3 rounds, with 1 minute rest between rounds: burpees, box jumps, rows, sprints, pull-ups.

Cardio WODs

- **20-Minute Running EMOM:** Every minute on the minute, for 20 minutes, run 400 meters.
- **30-Minute Sprints and Burpees:** 10 sprints, 10 burpees, 10 sprints, 10 burpees, 10 sprints.
- **45-Minute Hiking Challenge:** Hike for 45 minutes at a challenging pace.

Strength WODs

- **5x5 Barbell Back Squat:** 5 sets of 5 reps of barbell back squats, with increasing weight each set.

- **3x8 Dumbbell Bench Press:** 3 sets of 8 reps of dumbbell bench press, with a challenging weight.
- **10x10 Kettlebell Swing:** 10 sets of 10 reps of kettlebell swings, with a heavy kettlebell

Endurance WODs

- **30-Minute Running Endurance:** Run for 30 minutes at a steady pace.
- **20-Minute Cycling Endurance:** Cycle for 20 minutes at a challenging pace.
- **15-Minute Swimming Endurance:** Swim for 15 minutes at a steady pace

Flexibility WODs

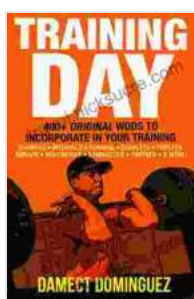
- **10-Minute Yoga Flow:** 10 minutes of yoga poses to improve flexibility.
- **20-Minute Stretching Routine:** 20 minutes of static and dynamic stretching to improve flexibility.
- **30-Minute Foam Rolling Session:** 30 minutes of foam rolling to improve flexibility and reduce muscle soreness.

Agility WODs

- **Agility Ladder Drills:** 10 minutes of agility ladder drills to improve speed, agility, and coordination.
- **Cone Drills:** 15 minutes of cone drills to improve agility, footwork, and reaction time.

- **Obstacle Course:** 20 minutes of an obstacle course to improve agility, coordination, and balance.

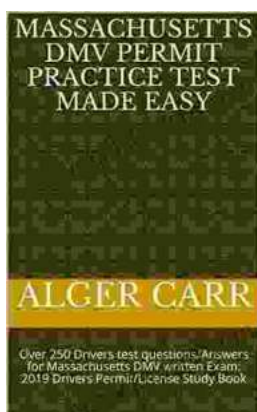
This list of 400 original WODs provides a wide range of options to challenge yourself and achieve your fitness goals. Whether you're looking to improve your strength, endurance, cardio, or flexibility, there's a WOD in here for you. So what are you waiting for? Get started today and see how much your fitness can improve!



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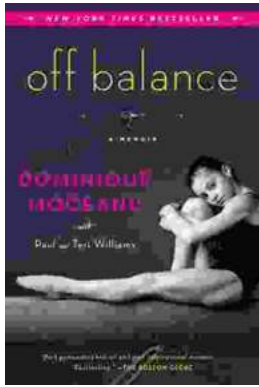
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