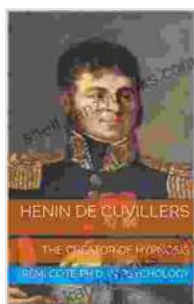


# Over 100 Of The Most Challenging Workouts Ever Created

Are you looking for a challenge? Do you want to push your body to its limits and see what you're made of? If so, then this book is for you.



## Warrior Workouts, Volume 1: Over 100 of the Most Challenging Workouts Ever Created by Stewart Smith

★★★★☆ 4.2 out of 5

Language : English  
File size : 10757 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 192 pages



*Over 100 Of The Most Challenging Workouts Ever Created* is a compilation of the toughest workouts ever devised. These workouts are not for the faint of heart. They will test your strength, endurance, and willpower. But if you're up for the challenge, these workouts will help you achieve your fitness goals.

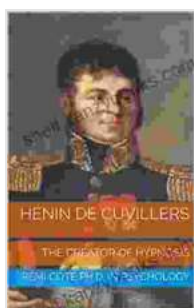
The workouts in this book are divided into three levels: beginner, intermediate, and advanced. Each level contains a variety of workouts, so you can find one that's right for your fitness level.

Here are just a few of the workouts you'll find in this book:

- **The Murph:** This workout is named after Navy SEAL Michael Murphy, who was killed in Afghanistan in 2005. The Murph consists of a 1-mile run, 100 pull-ups, 200 push-ups, 300 squats, and another 1-mile run.
- **The CrossFit Total:** This workout is a test of your strength and endurance. It consists of a 1-rep max back squat, a 1-rep max overhead press, and a 1-rep max deadlift.
- **The Hero WODs:** These workouts are designed to honor fallen soldiers. They are typically very challenging and often require a high level of fitness.

If you're looking for a challenge, then this book is for you. *Over 100 Of The Most Challenging Workouts Ever Created* will push your body to its limits and help you achieve your fitness goals.

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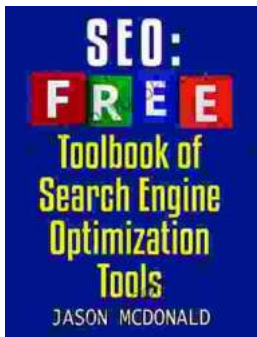


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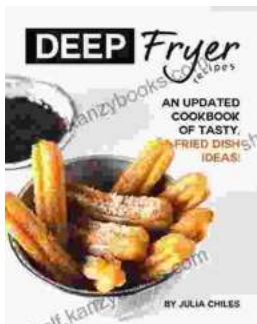
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