



WoD.Book - A Workout log book, with tips on olympic lifting and nutrition: Athlete Journal

By Elliott Brown MSc



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Our athlete journal is a complete training aid, created for athletes trainers and coaches. It gives guidance and advice on movements, nutrition and training. Alongside this are many workouts, including uk and us hero wods, to honour our service men and women. With over 100 page entries to record your workout performance, sleep quality, stress levels and nutrition quality, the wod book is your complete workout companion.

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Editorial Review

About the Author

Elliott Brown is a CrossFit athlete and level 1 trainer. As a Master of Science (Portsmouth University), he gives advice on nutrition and training methodology. As part of his armed forces heritage, he is passionate about honouring our fallen heroes and has created many workouts and administers the social media accounts @britishherowods.

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