

Mat Fraser's #1 tip to getting better at CrossFit

Before retiring, Mat Fraser won the CrossFit Games 5x in a row.

So, it's safe to say he knows a thing or two about getting better.

Just listen to what he has to say in this interview with GQ:

Mat: *"The number one thing, if you're looking to get better at CrossFit, is technique—take the time to learn it...*

And pump up the volume slowly and conservatively."

Notice what he DIDN'T say.

He didn't say, *"Make sure you go as hard as you can in all your WODs."*

He didn't say, *"Workout everyday at 110%."*

He actually said to be CONSERVATIVE with increasing your training volume.

So all that "just try as hard as you can, with no strategy" mindset?

Not gonna work.

This is the hidden secret to CrossFit that your nobody else talks about:

If you want to Rx more workouts and hit new PRs, you gotta focus on your technique.

That's why WODprep exists.

Our programs give you simple, easy to use drills that conveniently fit into your training schedule.

They only take 15-20 minutes a few times a week, and you can do them right before or after your normal workouts.

I have 15 courses going over almost every CrossFit skill known to man. They're worth \$5203 at normal prices.

But you can save 93% on these courses through my yearly subscription, *WODprep Academy*.

Plus, until doors close Thursday, you'll save an additional \$90 on your membership.

Listen to me.

Listen to Mat.

Work on your technique, turn your weaknesses into strengths, and crush your workouts this year.

After joining today, you'll feel incredibly proud of your progress.

And you're always protected by my 6-month, no questions asked "PR Promise" 100% money back guarantee.

[>>> Click here to join WODprep Academy today](#)

Ben
WODprep

P.S.

There was one more part of that quote from Mat:

Mat: "Lastly, try to have a healthy diet and a good sleep schedule. Those things will pay huge dividends."

Luckily, I've got you covered there too.

Because you get access to my courses *No Nonsense Nutrition* and *Recovery Rx'd* after joining *WODprep Academy*.

After you join, you'll master not only your technique, but your diet and your sleep habits too.

[>>> Click here to join WODprep Academy today](#)

Doors close in:

TIMER HERE