

Your Post Open Special ends today

Doors close on WODprep Academy at 11:59 pm EST

It's the last workout of the 2014 CrossFit Open.

I can feel the pressure.

And although I had mastered most of the skills in CrossFit, I hadn't focused enough on my weaknesses.

And guess what came up in that workout?

The stuff that I was worst at - engine work.

I ended up puking during that workout, and missing Regionals.

I'm a happy guy, but I wish that had turned out differently.

If had a time machine, I would go back to 2013 Ben, and say,

"Listen here, buddy! Yes, I know you're good at a lot of stuff. That's great.

But if you don't focus on your weaknesses, you're gonna regret it."

Then, POOF!

I would disappear into the air.

Since I don't have a time machine, or any plans of getting one...

I want to tell YOU that message instead:

The most important thing in CrossFit isn't your work ethic, your mindset, how many days a week you workout, or even what shoes you wear.

Believe it or not... you can't INOV8 or NOBULL your way into success. ;)

The most important thing in CrossFit is having the courage to face your weaknesses and improve at them.

So, imagine this:

It's the 2023 Open.

You decided,

"You know what? Screw it.

I'm going to turn muscle ups / double unders / handstand pushups / (insert your frustrating movement here) into something that I can crush, no problem, everytime I see them."

You see that former weakness in the first WOD of the Open, and you start to get AMPED.

Because you know - this is your time to shine.

You're pushing hard, but all of your movements feel smooth.

Your coach has their jaws wide open, because they can't believe how good your technique is.

And after you finish first in your gym, you're standing tall, cheering and clapping for the other athletes.

[This is what can happen for you after you join WODprep Academy today.](#)

After joining, you're going to start Rx-ing more workouts and hitting new PRs with just 15-20 minutes of skill training 3 times a week.

But you don't have to take my word for it.

Listen to all of these athletes who are just like you, and decided to face their weaknesses with WODprep:

"I've made so much progress in such a short amount of time."

- Sho

"I achieved my first muscle up. I was the happiest guy in the world, like, "Damn it, I did it!"

- Simone

"To see myself improve that much...it's changed my life as far as WODs go for me."

- Will

"I never thought I'd actually get a Toes To Bar. So it shocked quite a few people actually. And I haven't been happier yet. I feel really good."

- Crystal

"I found myself on top of the bar, and I didn't expect it. It was amazing. "

- Holly

"I feel that there is a lot of progress when you see and do what Ben says. I love it. I'm proud of myself."

- Abigail

"I'd say it's worth it. You feel really good about yourself, really proud."

- Fredrik

"I knew I could Rx everything. It was a great feeling."

- Andrew

I don't know what's best for you.

But I know this:

If you want to start crushing WODs that you used to scale, you need to start now.

Because your Post Open Special savings end tonight.

Let me breakdown your savings one last time:

~~\$5203~~ - Total value for the 15 courses, 10 mini courses, and 18 bonuses

~~\$3261~~ - Normal price for all these courses (including Back to Performance)

~~\$399~~ - Normal price for WODprep Academy

\$309 - Your discounted price until tonight at 11:59 pm Eastern

Look -

Do you want to try and figure things out on your own?

And feel unsure if you're doing the right thing?

Running the risk of being pissed off, because you're spinning your wheels, making zero progress?

Or...

Do you want to transform your frustrating weaknesses into strengths?

Feel confident that you can Rx any workout, anytime?

And feel proud of all the new PRs you've hit?

It's time to make your decision.

[>>> Click here to join *WODprep Academy* and become an all Rx athlete](#)

- Ben
WODprep

P.S.

Listen -

With WODprep's PR Promise, you have 6 full months to "test drive" *WODprep Academy* and see if it's right for you.

If you don't like it, you can just email me for every penny back.

So what are you waiting for?

There's never going to be a better opportunity.

And your savings end in just a few hours.

[>>> Click here to save 93% on proven programming before doors close](#)

Doors close in: