

Free VIP access to my courses

What do you think the #1 key to success in CrossFit is?

Mental toughness? Work ethic? Good training programs?

These are all good answers.

But they're not the correct ones.

The truth is, PRACTICE is the most important key to success. Specifically, practicing your technique.

Here's why:

When you practice your technique, you're building your foundation.

You're making it easier to do more reps, faster, with more weight, in less time.

All with way less risk of hurting yourself.

That's the key to CrossFit success, right there.

But there's a problem.

No matter how good your local box is, they're limited on time.

They have 15 other members to coach, and their main focus is making sure the beginners don't kill themselves.

As a former box owner, I would know -

Workouts are usually more about getting everyone through class on time rather than *"how good your overhead squat technique was."*

What does this mean for you?

It means that you're probably not going to see the progress you want by just going to your class WODs every week.

You need to do technique practice, on your own time.

The good news?

You really don't need to practice that much to see a lot of improvement, fast.

It just takes 15-20 minutes either before or after your normal workouts, a few times a week.

Listen -

I've helped thousands of athletes just like you Rx movements that used to frustrate them.

My courses help you know exactly what to do in order to conquer your weaknesses.

And right now, I'm giving you a free VIP preview of them.

Normally, you'd have to pay over \$3000 to see these lessons:

Muscle Up Madness (ring muscle ups):

<https://wodprep.teachable.com/courses/mu/lectures/1632353>

Double Unders Unleashed:

<https://wodprep.teachable.com/courses/double-unders-unleashed/lectures/1758940>

ShoulderROM Unlocked (shoulder mobility):

<https://wodprep.teachable.com/courses/shoulderrom-unlocked/lectures/29882074>

Bar Muscle Up Mastery:

<https://wodprep.teachable.com/courses/bar-muscle-up-mastery/lectures/3013373>

Toes To Bar Transformed:

<https://wodprep.teachable.com/courses/toes-to-bar-transformed/lectures/3548364>

Handstand Push-up Power:

<https://wodprep.teachable.com/courses/handstand-pushup-power/lectures/4007415>

Strict Pull-up Strength:

<https://wodprep.teachable.com/courses/strict-pull-up-strength/lectures/4007508>

Kipping Pull-up Performance:

<https://wodprep.teachable.com/courses/kippling-pull-up-proven/lectures/4141407>

Butterfly Pull-up Breakthrough:

<https://wodprep.teachable.com/courses/butterfly-pull-up-breakthrough/lectures/3968611>

Functional Core:

<https://wodprep.teachable.com/courses/functional-core/lectures/3889568>

Handstand Walk Hero:

<https://wodprep.teachable.com/courses/handstand-walk-hero/lectures/3967688>

Happy Hips (hip mobility):

<https://wodprep.teachable.com/courses/happy-hips/lectures/6787267>

No Nonsense Nutrition:

<https://wodprep.teachable.com/courses/280410/lectures/4324573>

Endless Engine:

<https://wodprep.teachable.com/courses/722769/lectures/13525259>

Recovery Rx'd:

<https://wodprep.teachable.com/courses/1427348/lectures/33565346>

- Ben

WODprep

P.S.

Are you ready to make 2022 the best year of training in your life?

Make sure to open tomorrow's email.

I've got something big to share with you.