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# Learning To Breathe Fire The Rise Of Crossfit And Primal Future Fitness Jc Herz

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**"Learning to Breathe Fire" (Book Review) | Breaking Muscle**  
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Description : "Explains the science of maximum effort, why the modern gym fails an obese society, and the psychic rewards of ending up on the floor feeling as though you're about to die, [tracing] CrossFit's rise from a single underground gym in Santa Cruz to its adoption as the workout of choice for elite special forces, firefighters, and cops, to its popularity ...

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