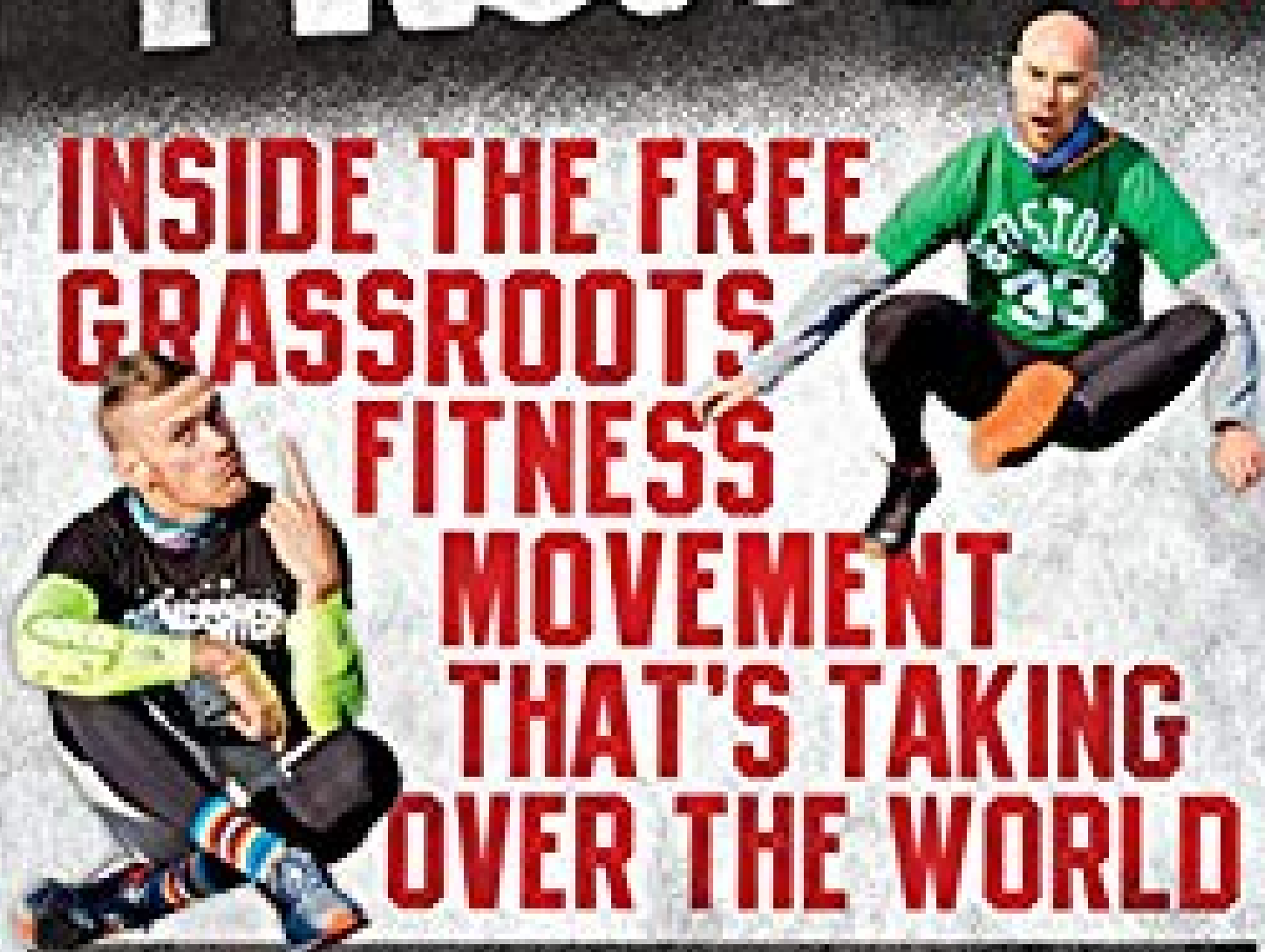


NOVEMBER PROJECT

THE
BOOK

INSIDE THE FREE
GRASSROOTS
FITNESS
MOVEMENT
THAT'S TAKING
OVER THE WORLD



BROGAN GRAHAM & BOJAN MANDARIC...CALEB DANILOFF

Brogan Graham and

**November Project: The Book: Inside the Free, Grassroots Fitness Movement
That's Taking Over the World**



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November Project: The Reserve is the story of how two irreverent, way-outside-the-container fitness fanatics are flipping the fitness industry on its mind and literally making the world a better place, one city at a time. No facility. No machines. Just two dudes and a tribe of hundreds. the keys to meaningful civic engagement;s globe takeover.What started 4 years back as a simple monthlong workout pact between two former Northeastern University oarsmen in Boston has grown into an international fitness phenomenon. November Project espouses free, public, all-weather, outdoor group workouts that convert strangers into friends and connect everyone to the city where they live. and future—s been referred to as everything from flashmob fitness to “the fight club of running clubs”and on the way, present you how you can get exercise and societally engaged. BG) and Bojan Mandaric, within their very own spicy, big-hearted terms, chronicle, along with tribe member and writer Caleb Daniloff, their fitness motion’ The publication also includes illustrated workout routines;k.a. But November Task prides itself on defying classes.s genesis, evolution, procedures, membership, “ and thoughts on the collective power of community. It’ and a cult.In November Task: The Publication, Brogan Graham (a. Welcome to November Project’ information on making use of your city as a gym; information on beginning an NP tribe; tips about developing, sustaining, and invigorating membership through social media;secret sauce,”



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