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The Softball Player Revolution: How Softball Professionals Are Pushing Their Body s Limits Through Cross Fit Training and Superior Nutrition (Paperback)

By Correa (Professional Athlete and Coach)

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Are Pushing Their Bodys Limits through Cross Fit Training and Superior Nutrition This book will help you to have: - Accelerated muscle growth - Enhanced strength, mobility, and muscle reaction. - Increased capacity to train for long periods of time - Faster increase of lean muscle mass - Reduced muscle fatigue - Quicker recovery times after competing or training - More energy throughout the day - More confidence in yourself and what you are trying to achieve - A better attitude towards exercise and nutrition This training program comes with a warm up routine and exercise program. Make sure you complete the warm up exercises to prevent injuries and be able to continue the training program without interruptions. This book will help you develop faster and stronger muscles in a short period of time. Three different intensity levels are provided in the form of calendars: NORMAL, ALTERNATE NORMAL, and LIGHT. Each one has a varied difficulty level so that you can start with one plan and then decide...



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