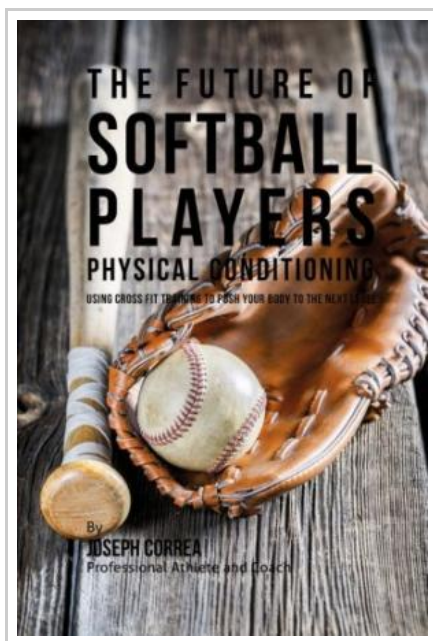




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The Future of Softball Players Physical Conditioning: Using Cross Fit Training to Push Your Body to the Next Level

By Correa (Professional Athlete and Coach)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book ***** Print on Demand *****.

The Future of Softball Players Physical Conditioning: Using Cross Fit Training to Push Your Body to the Next Level This training book will change how you perform and your future potential to keep improving. Three different intensity levels are provided in the form of calendars: BASIC, INTERMEDIATE, and INTENSE. Each one has a varied difficulty level so that you can start with one plan and then decide if its too hard or too easy and move to one of the other versions of this crossfit training program. This training program includes delicious lean protein breakfast, lunch, dinner, salad, and high protein bar recipes so you can satisfy hunger and still eat healthy. By eating right, you will see results much faster. People who start and finish this training plan should see: - Increased muscle growth - Enhanced strength, mobility, and muscle reaction. - Better capacity to train for long periods of time - Faster increase of lean muscle - Lower muscle fatigue - Faster recovery times after competing or training - Increased energy throughout the...



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