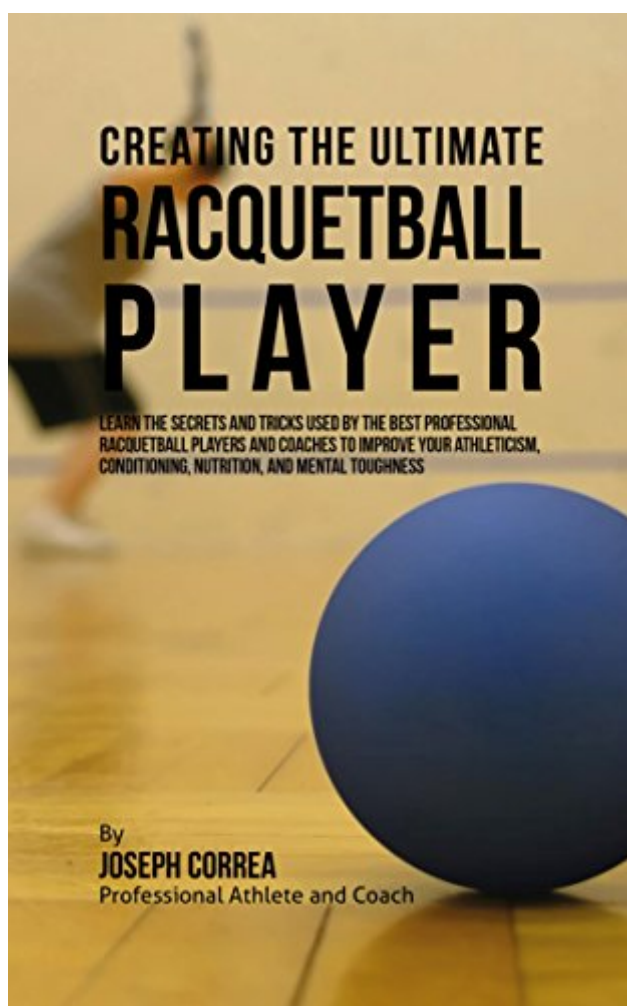


The book was found

Creating The Ultimate Racquetball Player: Learn The Secrets And Tricks Used By The Best Professional Racquetball Players And Coaches To Improve Your Athleticism, Conditioning, Nutrition





Synopsis

Creating the Ultimate Racquetball Player
In order to reach your true potential you need to be at your optimal physical and mental condition and in order to do this you need to start an organized plan that will help you develop your strength, mobility, nutrition, and mental toughness. This book will do that. Eating right and training hard are two of the pieces of the puzzle but you need the third piece to make it all happen. The third piece is mental toughness and that can be obtained through meditation and visualization techniques taught in this book. This book will provide you with the following:-
Normal and advanced training calendars
Dynamic warm-up exercises
High performance training exercises
Active recovery exercises
Nutrition calendar to increase muscle
Nutrition calendar to burn fat
Muscle building recipes
Fat burning recipes
Advanced breathing techniques to enhance performance
Meditation techniques
Visualization techniques
Visualization sessions to improve performance
Physical conditioning and strength training, smart nutrition, and advanced meditation/visualization techniques are the three keys to achieve optimal performance. Most athletes are missing one or two of these fundamental ingredients but by making the decision to change you will have the potential to achieve a new **•ULTIMATE•** you.

Book Information

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Customer Reviews

Definitely not what I expected. The book is divided in three basic sections: Physical training exercises (~20%), Cooking recipes (~60%), and Meditation and visualization techniques (~20%). What really disappointed me is that there is nothing in the whole book related specifically to the sport of racquetball. The training exercises are quite general and can be found in any standard program to increase the physical condition. No single figure throughout the entire book!! So the authors use wordy complicated descriptions of exercises routines that makes difficult the reading. The same applies to the nutrition information. Moreover, the list of detailed cooking recipes occupies 60% of the book, extremely boring if you are not interested in cooking food three times per day. Finally, if you are unfamiliar with general meditation techniques, the final 20% of the book could be useful as a basic introduction to the topic (this actually was my case, so this is reason why I set 3 stars). The only places where the word racquetball appear in the book is in the chapter titles. The author has published many other books with the same general information replacing the word "racquetball" by "basketball", "baseball", etc. The kindle edition is poorly edited, no table of contents included. In conclusion, if you are really interested in improve specific skills for racquetball this is not the book for you.

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