The Complete Strength Training Workout Program For Squash: Add More Power, Speed, Agility, And Stamina Through Strength Training And Proper Nutrition
Synopsis

The Complete Strength Training Workout Program for Squash: Add more power, speed, agility, and stamina through strength training and proper nutrition. This training workout program will change how you look and how you feel. If you follow the program, you should see great results fast. Both a NORMAL and an INTENSE version of this training program are included to make sure you are challenged enough to make a significant change to your body. The recipes included are specific to each time of the day but you can and should add a meal here and there depending on what your body needs. This training program comes with a warm session and exercise routine so make sure you don’t skip the first to stay injury-free and be able to complete the program. Additionally, this training program solves the eating dilemma by giving many options in terms of nutrition. It comes with delicious breakfast, lunch, dinner, and dessert recipes so you can satisfy hunger and still eat healthy. An entire chapter in this book is dedicated to muscle shake recipes to help you fully absorb as much protein as possible in a healthy way but make sure to drink plenty of water to help your body digest all this protein adequately. Anyone can get fitter, leaner, and stronger, it just takes discipline and a great training program to get you exercising and eating right. People who begin this training plan will see the following: - Increased muscle growth - Enhanced strength, mobility, and muscle reaction. - Better capacity to train for long periods of time - Lower muscle fatigue - Faster recovery times after competing or training - Increased energy throughout the day - More confidence in yourself - A better attitude towards exercise and nutrition

Book Information

Paperback: 262 pages
Publisher: CreateSpace Independent Publishing Platform; First Edition edition (November 12, 2015)
Language: English
ISBN-10: 1519274475
Product Dimensions: 6 x 0.6 x 9 inches
Shipping Weight: 1 pounds (View shipping rates and policies)
Average Customer Review: Be the first to review this item

Best Sellers Rank: #6,921,024 in Books (See Top 100 in Books) #99 in Books > Sports & Outdoors > Racket Sports > Squash #520 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #815 in Books > Sports & Outdoors > Individual Sports > Triathlon

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