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

By Correa (Professional Athlete and Coach)

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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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Reviews

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Germaine Welch

A very awesome pdf with perfect and lucid information. This is certainly for those who statte there had not been a worthy of looking at. Your daily life span will probably be convert as soon as you full looking at this book.

-- Dr. Marie Ebert