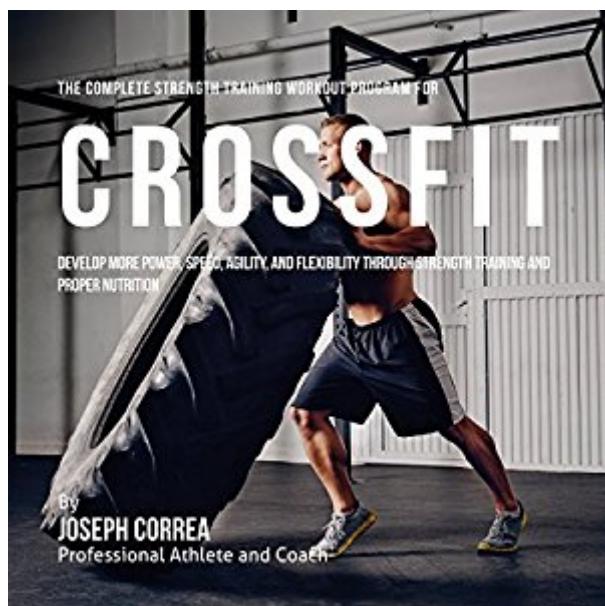


The book was found

The Complete Strength Training Workout Program For Cross Fit: Develop More Power, Speed, Agility, And Flexibility Through Strength Training And Proper Nutrition



Synopsis

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-up session and exercise routine, so make sure you don't skip the first to stay injury-free to 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 toward exercise and nutrition

Book Information

Audible Audio Edition

Listening Length: 3 hours and 7 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Flnibi inc

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Customer Reviews

This book is mostly about food plans not actually workouts that are put together for the reader.

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