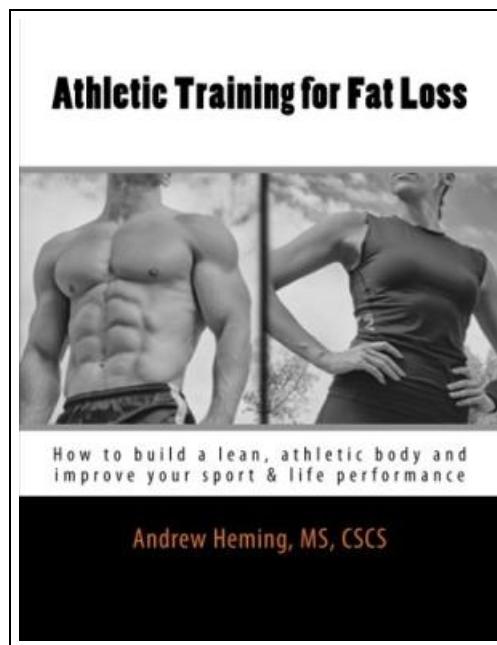


## Athletic Training for Fat Loss How to build a lean, athletic body and improve your sport life performance



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*This publication is definitely worth buying. It is written in straightforward words rather than difficult to understand. You are going to like how the writer compose this publication.*

*(Dr. Joaquin Klein)*

## ATHLETIC TRAINING FOR FAT LOSS HOW TO BUILD A LEAN, ATHLETIC BODY AND IMPROVE YOUR SPORT LIFE PERFORMANCE

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 196 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. This book was written with two people in mind: 1) The Athlete. When you get leaner the right way, all performance qualities including speed, vertical jump, agility and endurance are improved while injury risk goes down. 2) The Everyday Person who wants to look and feel like an athlete. This book will show you how to develop a hard, lean, toned athletic body. It will also help prepare you to jump into a pick-up game of your favorite sport, enjoy outdoor recreational activities and be physically ready for a real-life emergency. Part 1 of this book covers training for fat loss. You will learn: -Why athletic-based training is so effective for fat loss -Why traditional fat loss methods often fail -The limits of traditional cardio and the benefits of resistance training for fat loss -How to really target your problem spots -Effective training tools for fat loss -How to train properly Part 2 will show how to design your own personalized fat loss meal plan. In this section you will learn: -How to develop a meal template -How to find your optimal protein and carb intake -How to identify nutrition deficiencies -Nutrition periodization -How to personalize your meal frequency -Pre, during and post-workout nutrition -Supplements for fat loss training Part 3 will show you how to effectively monitor your body composition and adjust your lifestyle to accelerate your results. Part 4 will give you 13 complete training programs for beginners, intermediates and advanced trainees using a variety of effective training styles and strategies. This item ships from La Vergne, TN. Paperback.

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