



Cross Fit Training for Basketball: A New Approach to Conditioning and Strength Training

By Joseph Correa

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Cross Fit Training for Basketball: A New Approach to Conditioning and Strength Training This cross fit training program includes three different intensity levels provided in the form of calendars: NORMAL, ALTERNATE NORMAL, and LIGHT. 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 cross fit training program. This book will help you to have: - Accelerated muscle growth - Enhanced strength, mobility, and muscle reaction. - Increased capacity to train for long periods of time - Faster increase of lean muscle mass - Reduced muscle fatigue - Quicker recovery times after competing or training - More energy throughout the day - More confidence in yourself and what you are trying to achieve - A better attitude towards exercise and nutrition This cross fit program includes several meal plans in the form of recipes specific to each meal of the day but you can adapt them to your particular situation....

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