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Optimized Nutrition: A Strategic Guide for the Martial Artist

By Travis S. Miller

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 208 pages. Dimensions: 9.2in. x 7.5in. x 0.6in. This comprehensive guide speaks directly to Martial Artist and other serious sport and fitness-conscious consumers. Travis Miller presents scientific information in an easy-to-read, comprehensible format that covers supplements--whats effective and whats not--peak-performance nutrition, special diets, and more. Illustrations. Discover the secrets of true power - on and off the playing field! -learn about the power posture before you begin training - without it, youre doing it all wrong -find out why most stretching exercises dont work - and learn the correct way that greatly increases power -build powerful, injury-free shoulders -discover the secrets of powerful movement and why you must train your body from the inside, out -adopt the new power diet and gain maximum strength through supplementation -program your mind to master the 10 components of true athletic power -know why conventional body building training does not produce real power and what you should do instead -discover the secrets of the Link Cycle, and train your nervous system to convert strength into explosive power on the playing field This item ships from La Vergne, TN. Paperback.



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