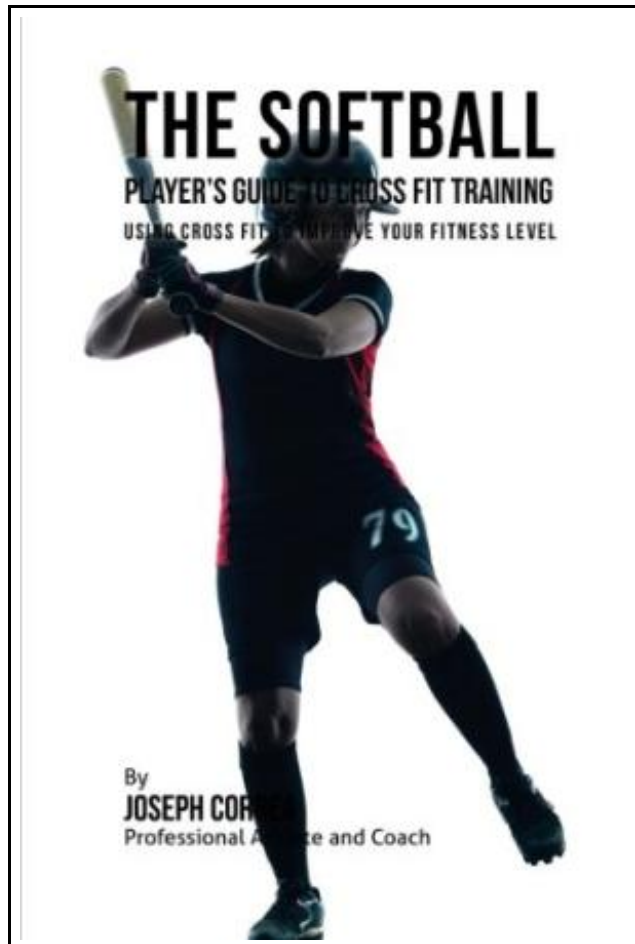


## The Softball Player s Guide to Cross Fit Training: Using Cross Fit to Improve Your Fitness Level



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Softball Players Guide to Cross Fit Training: Using Cross Fit to Improve Your Fitness Level This book will change how you look and feel. 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 recipes specific to each meal of the day but you can adapt them to your particular situation. This training program comes with a complete exercise routine so make sure you warm up first to stay injury free to be able to complete the program. 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 - Faster increase of lean muscle - Lower muscle fatigue - Faster recovery times after competing or training.



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