



Optimized Nutrion: 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, comprehendable format that covers supplements--whats effective and whats not--peakperformance 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 dicover 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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