



The Basketball Coach s Guide to Cross Fit Training for Enhanced Performance: Develop Your Students Physical Capabilities Through Cross Fit Workout Sessions (Paperback)

By Correa (Professional Athlete and Coach)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Basketball Coachs Guide to Cross Fit Training for Enhanced Performance: Develop Your Students Physical Capabilities through Cross Fit Workout Sessions This cross fit training program will help change how your students look and feel. It will help them develop faster and stronger muscles in a short period of time. There are three different intensity levels are 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...



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