



## The Complete Strength Training Workout Program for Hockey: Increase Power, Speed, Agility, and Resistance Through Strength Training and Proper Nutrition (Paperback)

By Correa (Professional Athlete and Coach)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Complete Strength Training Workout Program for Hockey: Increase power, speed, agility, and resistance through strength training and proper nutrition This training workout program will change how you look and how you feel. If you follow the program you should see great results fast. Both a NORMAL and an INTENSE version of this training program are included to make sure you are challenged enough to make a significant change to your body. The recipes included are specific to each time of the day but you can and should add a meal here and there depending on what your body needs. This training program comes with a warm session and exercise routine so make sure you don t skip the first to stay injury free to be able to complete the program. Additionally, this training program solves the eating dilemma by giving many options in terms of nutrition. It comes with delicious breakfast, lunch, dinner, and dessert recipes so you can satisfy hunger and still eat healthy. An entire chapter in this book is dedicated to muscle shake recipes..

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