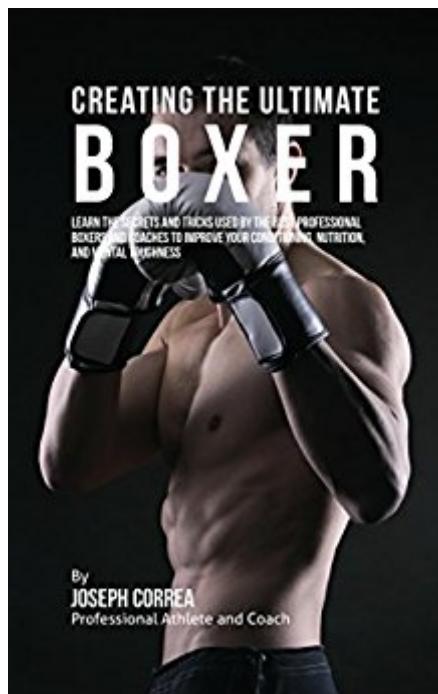


The book was found

Creating The Ultimate Boxer: Learn The Secrets And Tricks Used By The Best Professional Boxers And Coaches To Improve Your Conditioning, Nutrition, And Mental Toughness



Synopsis

Creating the Ultimate BoxerTo reach your true potential you need to be at your optimal physical and mental condition and in order to do this you need to start an organized plan that will help you develop your strength, mobility, nutrition, and mental toughness. This book will do that. Eating right and training hard are two of the pieces of the puzzle but you need the third piece to make it all happen. The third piece is mental toughness and that can be obtained through meditation and visualization techniques taught in this book. This book will provide you with the following:-Normal and advanced training calendars-Dynamic warm-up exercises-High performance training exercises-Active recovery exercises-Nutrition calendar to increase muscle-Nutrition calendar to burn fat-Muscle building recipes-Fat burning recipes-Advanced breathing techniques to enhance performance-Meditation techniques-Visualization techniques-Visualization sessions to improve performancePhysical conditioning and strength training, smart nutrition, and advanced meditation/visualization techniques are the three keys to achieve optimal performance. Most athletes are missing one or two of these fundamental ingredients but by making the decision to change you will have the potential to achieve a new "ULTIMATE" you. Athletes who begin this training plan will see the following:-Increased muscle growth-Reduced stress levels-Enhanced strength, mobility, and reaction-Better capacity to focus for long periods of time-Become faster and more enduring-Lower muscle fatigue-Faster recovery times after competing or training-Increased flexibility-Overcome nervousness better-Better control over your breathing-Control over your emotions under pressure

Book Information

File Size: 4084 KB

Print Length: 185 pages

Publisher: Finibi Inc; First Edition edition (July 29, 2015)

Publication Date: July 29, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B01316P3YC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #425,937 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #108

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #262

in Books > Sports & Outdoors > Individual Sports > Boxing #4457 in Kindle Store > Kindle eBooks > Religion & Spirituality > Occult

Customer Reviews

This turned out to be nothing more than a cook book. That section was about three fifths of the book. It also contained a very small and basic section on meditation that was so general in nature it was useless. Very Disappointed in this book.

great

[Download to continue reading...](#)

Creating the Ultimate Boxer: Learn the Secrets and Tricks Used by the Best Professional Boxers and Coaches to Improve Your Conditioning, Nutrition, and Mental Toughness NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Boxers (Boxers & Saints) Boxers (Boxers & Saints Graphic Novel Book 1) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The Secret of Mental Magic Tricks: How to Amaze Your Friends with These Mental Magic Tricks Today! Memory: Boost Your Memory with Easy Exercises - Improve Your Mental Focus in Everyday Life (FREE BONUS INCLUDED) (Improve memory, improving memory, remembering more, productivity improvement) Discipline Your Mind: Control Your Thoughts, Boost Willpower, Develop Mental Toughness The 10 Day Coaches MBA: The Small Business Book For Coaches Who Want To Play Bigger The Ultimate Secrets Handbook: Top 100 Minecraft Secrets (Unofficial Minecraft Guide with Tips, Tricks, Hints and Secrets, Guide for Kids, Master Handbook, Book for Kids, Updated Edition) Secrets Handbook: Top 100 Ultimate Minecraft Secrets: (Unofficial Minecraft Guide with Tips, Tricks, Hints and Secrets, Guide for Kids, Master Handbook, Book for Kids, Updated Edition) Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health Donâ™t âœShouldâ• On Your Kids: Build Their Mental

Toughness The Final Frontier in Mental Toughness Training for Tennis: Using Visualization to Reach Your True Potential Mental Toughness Workouts: 30 Workouts To Forge Your Mind & Body To Greater Heights Ultimate Minecraft Secrets: An Unofficial Guide to Minecraft Secrets, Tips, Tricks, and Hints That You May Not Know (Ultimate Minecraft Guide Books Book 1) Minecraft: Handbook Ultimate Secrets Handbook: The Ultimate Minecraft Secret Book. Minecraft Game Tips & Tricks, Hints and Secrets. (Minecraft Books) Protect Yourself at All Times: A Guide for Professional Boxers Pokemon Go: The Ultimate Guide with Tips, Tricks and Secrets: (Pokemon Go Beginners Guide, Pro Guide, Complete Strategy Guide with Pokedex, Hacks, eBook for Kindle, Pokemon Go Game Hidden Tricks)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)