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OPTIMIZED NUTRION: A STRATEGIC GUIDE FOR THE MARTIAL ARTIST



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--peak-performance 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 -...

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- Authored by Travis S. Miller
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