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Discover little-known nutrition and lifestyle tactics with Beyond Training! What problems does Beyond Training solve? Ironically, many people who appear to be fit and healthy on the outside struggle with health and lifestyle issues like insomnia, gas, bloating, low libido, aging too fast, injuries, performance plateaus, brain fog, and a basic lack of time for their career, family, and friends. So, this book supplies a step-by-step guide to eliminating all these issues and helping you get the most out of life while still achieving amazing feats of physical performance. Who is Beyond Training for? Beyond Training is for men and women who have made it out of couch potato mode and are ready to take things to the next level, whether that means shedding those last few extra pounds, finishing a 5K, or even crossing the finish line of an Ironman triathlon. Everyone from the casual exerciser to the weightlifter, CrossFitter, obstacle racer, marathoner, mountaineer, triathlete, swimmer, cyclist, runner, and biohacker will glean tons of knowledge and life-changing advice from this book. What will Beyond Training do for you? Beyond Training educates and entertains with underground training, nutrition, and lifestyle tactics that mean no guesswork, less confusion about what to eat, and elimination of workout frustrations so you can have more time and make more money, experience fewer frustrating health issues, have complete confidence that you are training the right way, and rid yourself of notorious body trouble spots, nagging injuries, and stubborn body fat.

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