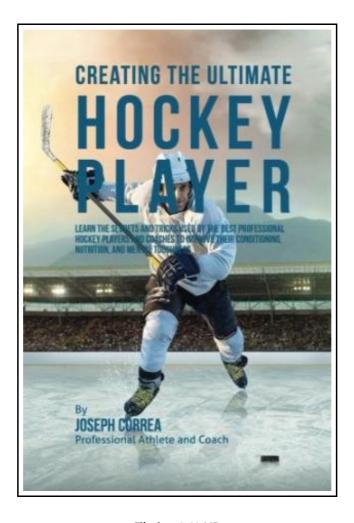
Creating the Ultimate Hockey Player: Learn the Secrets and Tricks Used by the Best Professional Hockey Players and Coaches to Improve Their Conditioning, Nutrition, and Mental Toughness



Filesize: 2.63 MB

Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating through reading time. Your life span will be enhance when you complete looking at this publication.

(Laurence Littel)

CREATING THE ULTIMATE HOCKEY PLAYER: LEARN THE SECRETS AND TRICKS USED BY THE BEST PROFESSIONAL HOCKEY PLAYERS AND COACHES TO IMPROVE THEIR CONDITIONING, NUTRITION, AND MENTAL TOUGHNESS



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. To 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 performance Physical 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.

- Read Creating the Ultimate Hockey Player: Learn the Secrets and Tricks Used by the Best Professional Hockey Players and Coaches to Improve Their Conditioning, Nutrition, and Mental Toughness Online
- Download PDF Creating the Ultimate Hockey Player: Learn the Secrets and Tricks Used by the Best Professional Hockey Players and Coaches to Improve Their Conditioning, Nutrition, and Mental Toughness

Other PDFs



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any...

Save Book »



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

Save Book »



How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

Save Book »



Patent Ease: How to Write You Own Patent Application

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Patent Ease! The new How to write your own Patent book for beginners!...

Save Book »



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

Save Book »