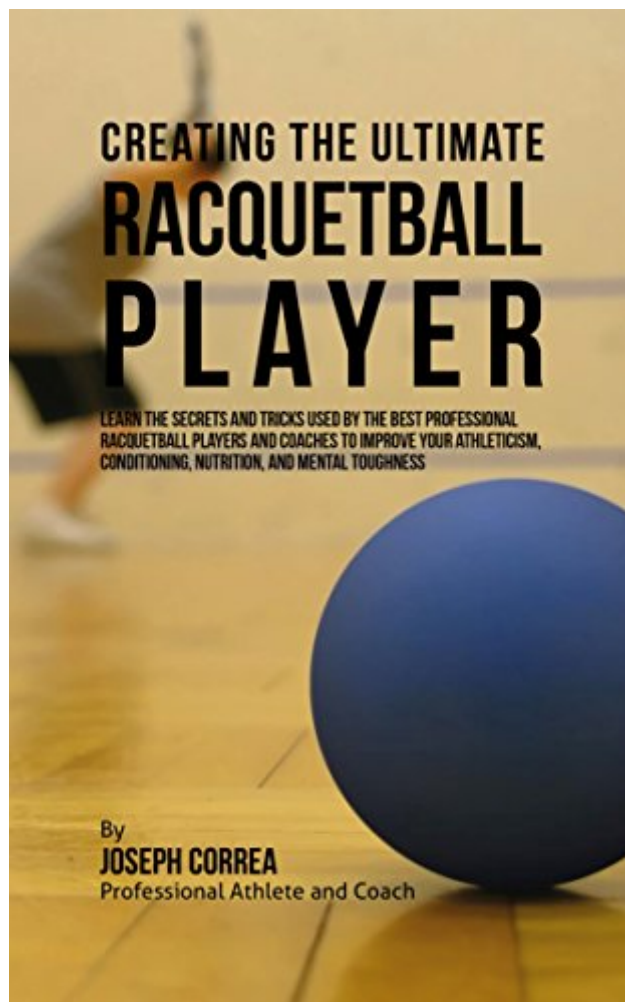


The book was found

Creating The Ultimate Racquetball Player: Learn The Secrets And Tricks Used By The Best Professional Racquetball Players And Coaches To Improve Your Athleticism, Conditioning, Nutrition





Synopsis

Creating the Ultimate Racquetball Player
In order 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.

Book Information

File Size: 2420 KB

Print Length: 185 pages

Publisher: Finibi Inc; First Edition edition (July 31, 2015)

Publication Date: July 31, 2015

Language: English

ASIN: B0136ZLBO4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #2,628,528 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #24

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Racquetball #80

in Books > Sports & Outdoors > Racket Sports > Racquetball #188120 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting

Customer Reviews

Definitely not what I expected. The book is divided in three basic sections: Physical training exercises (~20%), Cooking recipes (~60%), and Meditation and visualization techniques (~20%). What really disappointed me is that there is nothing in the whole book related specifically to the sport of racquetball. The training exercises are quite general and can be found in any standard program to increase the physical condition. No single figure throughout the entire book!! So the authors use wordy complicated descriptions of exercises routines that makes difficult the reading. The same applies to the nutrition information. Moreover, the list of detailed cooking recipes occupies 60% of the book, extremely boring if you are not interested in cooking food three times per day. Finally, if you are unfamiliar with general meditation techniques, the final 20% of the book could be useful as a basic introduction to the topic (this actually was my case, so this is reason why I set 3 stars). The only places where the word racquetball appear in the book is in the chapter titles. The author has published many other books with the same general information replacing the word "racquetball" by "basketball", "baseball", etc. The kindle edition is poorly edited, no table of contents included. In conclusion, if you are really interested in improve specific skills for racquetball this is not the book for you.

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

Creating the Ultimate Racquetball Player: Learn the Secrets and Tricks Used by the Best Professional Racquetball Players and Coaches to Improve Your Athleticism, Conditioning, Nutrition
Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai
(Dr. Fred Hatfield's Sport Specific Conditioning Series) Feeding the Young Athlete: Sports Nutrition Made Easy for Players, Parents, and Coaches Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) Pok  mon Go: Best Guide to Play Pok  mon Go. Learn All Sneaky Tricks and Play Like A Pro. + Ways To Play Pok  mon Go On Your PC: (Unofficial Pokemon Go Guide, ... Go) (Pokemon Go Secrets, Pokemon Go Tricks) Pokemon GO: Game Guide: The 37 Best Pokemon Go Secrets, Tips, & Tricks You Didn't Know Existed! (Pokemon Go Game, iOS, Android, Tips, Tricks, Secrets, Hints) The Ultimate Guide to Weight Training for Racquetball & Squash (Ultimate Guide to Weight Training: Racquetball & Squash) Learn German! More than 100 didactic texts to learn and improve your German: Learn vocabulary and grammar while your are reading (German Edition) Learn German Step by Step: German Language Practical Guide for Beginners (Learn German, Learn Spanish, Learn French, Learn Italian) Professional Soccer Passing Patterns: Passing Patterns That Develop Technical Ability, Increase Coordination of Player Movements, Establish Timing & Rhythm, Increase Passing

Accuracy and Player Focus Baseball: Baseball Strategies: The Top 100 Best Ways To Improve Your Baseball Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Baseball) Soccer: Soccer Strategies: The Top 100 Best Ways To Improve Your Soccer Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Soccer) Tennis: Tennis Strategies: The Top 100 Best Things That You Can Do To Greatly Improve Your Tennis Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Tennis) The Complete Strength Training Workout Program for Racquetball: Improve power, speed, agility, and resistance through strength training and proper nutrition Soccer Injury Prevention and Treatment: A Guide to Optimal Performance for Players, Parents, and Coaches You Can Teach Hitting: A Systematic Approach for Parents, Coaches, and Players Women's Lacrosse: A Guide for Advanced Players and Coaches Advanced Basketball Defense: The World's Most Complete Illustrated Guide For Coaches, Players & Die-Hard Fans Complete Conditioning for Swimming (Complete Conditioning for Sports Series) Complete Conditioning for Hockey (Complete Conditioning for Sports Series)

[Dmca](#)