



TRIATHLON FASTER, STRONGER And HEALTHIER: 30 DAY STRENGTH AND NUTRITION GUIDE TO TRANSFORM ANY TRIATHLETE To AN ULTIMATE TRIATHLETE

Mariana Correa

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TRIATHLON FASTER, STRONGER AND HEALTHIER will change the way you triathlete forever. You will reach your peak performance in just 30 days with an intense high performance training guide that includes a grueling day by day strength and condition guide complete with warm ups, body specific workouts, plyometric exercises, ab training, endurance training cool downs, and tips for your Best Triathlon yet. After completing this program you will look and feel amazing! You will lose unwanted fat, gain muscle definition, chisel your abs, increase your endurance, and redefine your body and training forever. Training hard is half of your success the other half is nutrition. Remember when you think you're done training, you're not done training, at least not until you've put some nutrients back into your body. Included in this book are expert secrets to nutrition and 50 Paleo Recipes with easy and delicious meals you will love. Allowing you to properly nourish your body with the best ingredients to achieve your peak performance. Get started now and in just 30 days you will be happier, fitter and healthier.



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