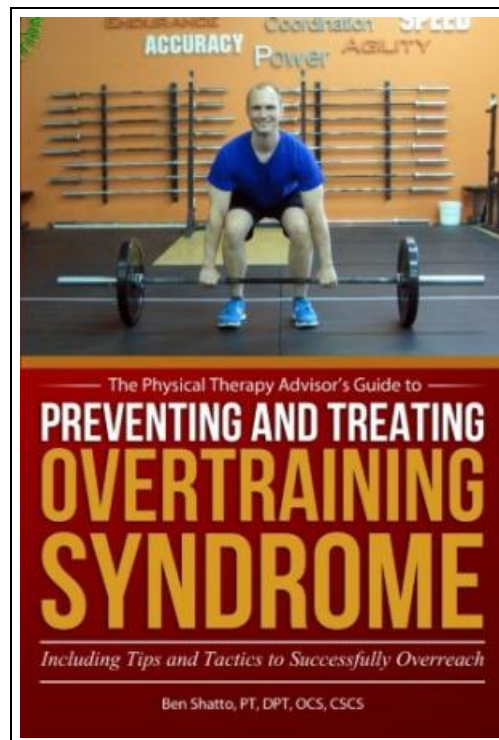


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. ARE YOU STRUGGLING TO MAKE PROGRESS WITH YOUR TRAINING? ARE YOU UNABLE TO RECOVER FROM YOUR TRAINING OR AN INJURY AS FAST AS YOU HAD ANTICIPATED? If you re feeling tired and burned-out, you may be suffering from Overtraining Syndrome (OTS) which usually starts with muscle soreness and a feeling of fatigue. Then it quickly progresses into a case of OTS or even injury. Overtraining can occur when the intensity and/or volume of exercise becomes too much for the body to properly recover from. It s always best to prevent OTS rather than attempt to recover from it. Overtraining Syndrome can be dangerous and severely limit your ability to train. It also significantly increases your risk of injury. How can you continue to train hard and avoid the associated poor performance, illness, and injury that can result in lost training days and opportunity? Nothing can derail your best laid training plans and goals like an injury or suffering from OTS! If you develop OTS, you will need to take specific steps to speed up your recovery in order to prevent injury and return to a normal training schedule. In Preventing and Treating Overtraining Syndrome, I show you how to recognize the risk factors and symptoms of OTS. You ll learn how to utilize prevention strategies to help you develop a personal training strategy that will allow you to push past your limits and prior plateau points in order to reach a state of what is known as overreaching (your body s ability to supercompensate). This will speed up your results, so that you can train harder and more effectively than ever before! In addition, learn how to use the foam...

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