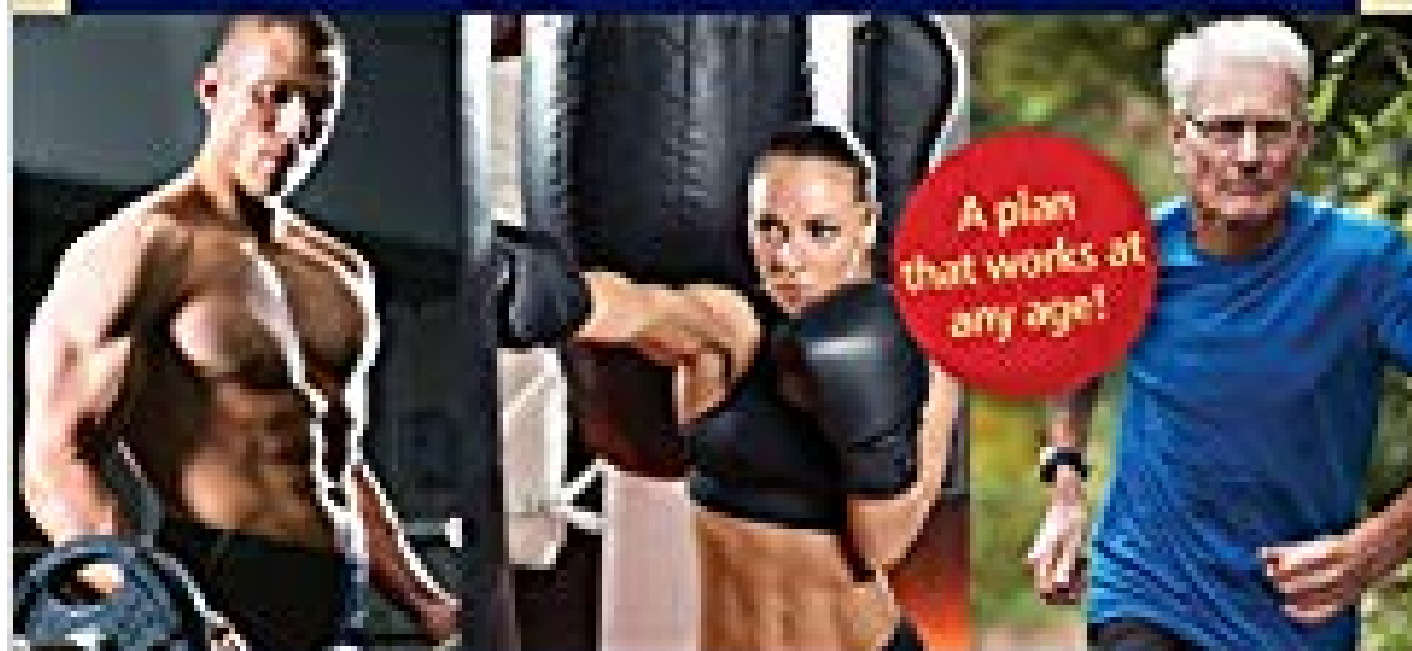


THE FIGHTER'S BODY

The Martial Artist's Solution to
Diet, Strength, and Health



A plan
that works at
any age!

Loren W. Christensen and Wim Demeere

Christensen

Fighter's Body



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The Fighter's Body is exactly that—an owner's manual for your most complex device. You have an owner's manual for your car, your stereo, and even your blender, so why not your body?



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Great general nutrition info for everyone, not only for Martial Artist First of all, don't be deceived by the name. Yes, it had been written especially for the martial artist and combined martial artist, but this book has great basic diet plan information. After scanning this reserve I dropped my pounds from 100kg to 80kg and felt great the whole period I was dropping. This publication gives you the basic information about calories in carbs, protein, fat and where to find a correct balance. there exists a whole section on fad diets--the good, the poor and the ugly. They address vitamins, nutrients and hydration. They they move ahead to creating a personalized diet plan (how to create one for yourself). There are always a couple sections that you can skip if you are not into martial arts, but there's still plenty of information in this publication to greatly help anyone who wants a healthier lifestyle. This book gives a fantastic overview of general nutrition This book gives a fantastic summary of general nutrition. In addition, it gives an in depth discussion on various training systems to lose excess weight and prepare for a sporting event. The info in this book is very helpful, it really is written in a manner that makes something as challenging as nutrition easy to understand. After finishing the book, I find myself going back to it many times to refresh concepts and to explain the topics where I wish to look elsewhere for more comprehensive info. I recommend and price this book a five star as an interesting and very informative introduction kind of publication. It has certainly improved my teaching schedules and allowed me to get in excellent athletic form. I highly recommend this publication. Great book There are a lot of advantages of this book. 1. It's written by two amazing martial artists. One of which is Loren Christensen who is a legend. 2. The one thing There is that probably doesn't agree with other references is the quantity of your calorie consumption that needs to be taken as protein. Some funny guys.. A great publication for both Martial artists and the others This is an excellent book for both martial arts and non-martial artists. This book has all you need to know for nutrition . Plus I had gotten the reserve dirt cheap! Strongly suggested. A lot of training suggestions for learning to be a strong, fit, poor ass fighter. 3.. Five Stars A great item! The fundamentals are great. Im a high school wrestler and an amateur boxer and I also compete in BJJ, minus the knowledge I received threw this publication I would not have been able to get to my desired weight class and even feel as healthy and energetic as I really do today. Great book for the fighting techniques enthusiast! specifically the ones training in the martial arts. This book serves as a great introduction to the theme of nutrition, focused towards athletes; Without comprehensive in its scope, it offers enough information so that you're convinced that what's presented makes sense. Really useful book This book is full of information that is very useful in managing your body. You can actually feel related to some of the encounters that they narrate, because you might have encountered them yourself in your training. I have found the book to be immensely ideal for my athletic requirements. The book goes over numerous personal experiences by the two authors with many funny tales that make the book even more readable. The reserve is jam packed with great information on many areas of health, fitness, nutrition, injury prevention, training ideas and sample routines, motivation, inspiration, not to mention the martial arts. I go through this and created my very own special program of the book. There is absolutely no empty talk. The fact that the authors share their personal experiences (good and bad) in regards to each subject also provides book a "right down to earth" believe that adds credibility to the info being presented. I compete in Taekwondo, which book addresses managing your diet while increasing, preserving or dropping excess weight. By diet I am not referring to any of the "fads" out there, although publication talks about those, as well. Good book Excellent book, well written with many humorous parts. this is a very entertaining go through, and doesn't take the subject matter too significantly as I giggled a lot through this reserve. This book recommends a higher number than a large amount of other references. Overall, it is exceptional. It explains a lot about how your body

functions and what it requires. It focuses generally on martial arts but actually has applications to nearly every competitive sport. Overall very happy with this reserve, it explained everything I was longing for and much more. 5 stars SOLID This is Sound Gold book: writing is easy to check out, fun, sound advice in eating properly. Displays the What and just why you need each type of food knowledgeable book was pleased with book Five Stars GREAT BOOK!! This book has everything you need to know for nutrition and dieting for the martial artist! An absolute must have for anyone looking to get in great shape and eat healthy. Five Stars Great read Good information, if written just a little poorly and slightly ... Great information, if written a little poorly and slightly dated. Overall an excellent reas.



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