

A female athlete with a very muscular physique is shown in a gym, performing a squat. She is wearing a grey sports bra, black shorts, and red sneakers. She is holding a barbell with weights across her shoulders. The background shows gym equipment and a window with a view of a city.

TRAINING THE FEMALE ATHLETE

A Scientific Approach
To Becoming Strong and Stable

***FEMALES HAVE
LIMITLESS POTENTIAL!***

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TRAINING THE FEMALE ATHLETE: A Scientific Approach to Becoming Strong and Stable - Females Have Limitless Potential!



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This is a step-by-stage format on how to train using the body and mind strategy, and breaking through barriers to unlock their limitless potential. This book will empower the feminine athlete into understanding what might be holding her back from reaching her potential.



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Having read this publication gave me insight about proper training, program design and some new info regarding hormones and their influence on my performance! I was extremely entertained and enjoyed his personal experiences training females I've been a lady athlete for years with a brief history of injuries! I was extremely entertained and loved his personal encounters training females.



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