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Hyperfitness: 12 Weeks to Conquering Your Inner Everest and Getting into the Best Shape of Your Life (Paperback)

By Sean Burch

Avery Publishing Group Inc., U.S., United States, 2008.

Paperback. Book Condition: New. 231 x 188 mm. Language:

English . Brand New Book. Read Sean Burch's posts on the

Penguin Blog. WORLD-record holder and training expert Sean

Burch, who has been hailed as one of the fittest men on earth,

(CNN International) is dedicated to reaching the greatest

heights of fitness. Now Sean shares the secrets of his own success and shows you how to use his revolutionary training techniques to get yourself in better shape than you ever

imagined possible. What does Hyperfitness mean? It means

setting goals and attaining them. It means discovering that you

are stronger and tougher than you knew. And, it means taking

your workout to a whole new level. The program focuses on

three important, linked components: - Hyperstrength

Innovative exercises and drills give you the strength, quickness,

and endurance of a world-class athlete. With names like aerial

spins and ski-mogul master jumps, the exercises are fun and

varied, and encompass three fitness levels. - Hyperfare

Essential guidelines include meal plans and recipes to help

your body get the nutrition needed to power through the

challenging workouts. - Hypermind Mental-conditioning

techniques, such as meditation and...



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Reviews

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