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THE SOFTBALL PLAYER S GUIDE TO CROSS FIT TRAINING: USING CROSS FIT TO IMPROVE YOUR FITNESS LEVEL (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Softball Players Guide to Cross Fit Training: Using Cross Fit to Improve Your Fitness Level This book will change how you look and feel. Three different intensity levels are provided in the form of calendars: BASIC, INTERMEDIATE, and INTENSE. Each one has a varied difficulty level so that you can start with one plan...

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- Authored by Correa (Professional Athlete and Coach)
- Released at 2016



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