



Smoothies for Cyclists: Optimal Nutrition Guide and Recipes to Support the Cycling Athlete s Training

By Lars Andersen

Createspace, United States, 2013. Paperback. Book Condition: New. 250 x 200 mm. Language: English . Brand New Book ***** Print on Demand *****.With his unique, no-nonsense, no-filler approach to getting maximum nutrition and without sacrificing on the great taste that only smoothies can provide, Lars Andersen provides you with everything you need to have a tasty, varied, power-packed smoothie that is ready in moments. Tailored to your specific needs: Unlike other books which stop at simply providing a list of smoothie recipes, Lars includes the nutritional information and specifies when and why you should enjoy each smoothie - whether it be pre-cycle or post-cycle workout. One size rarely fits all and Lars eliminates the guesswork for you. In this Book sports nutrition guru Lars Andersen provides shows you delicious ways to: Cycle Significantly Further, Faster and for Longer Build Muscle Tone and Strength Save Time and Money Whilst Getting Optimal Nutrition Massively Reduce Muscle Fatigue, Joint Pain and Recovery Time Beat Plateaus and Achieve New Levels of Performance Feel fresh and energized all day, Every Day Scroll Up and Hit Buy Now to Improve Your Cycling Performance Today! BONUS BOOK! If you buy Smoothies for Cyclists! today, you are...



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