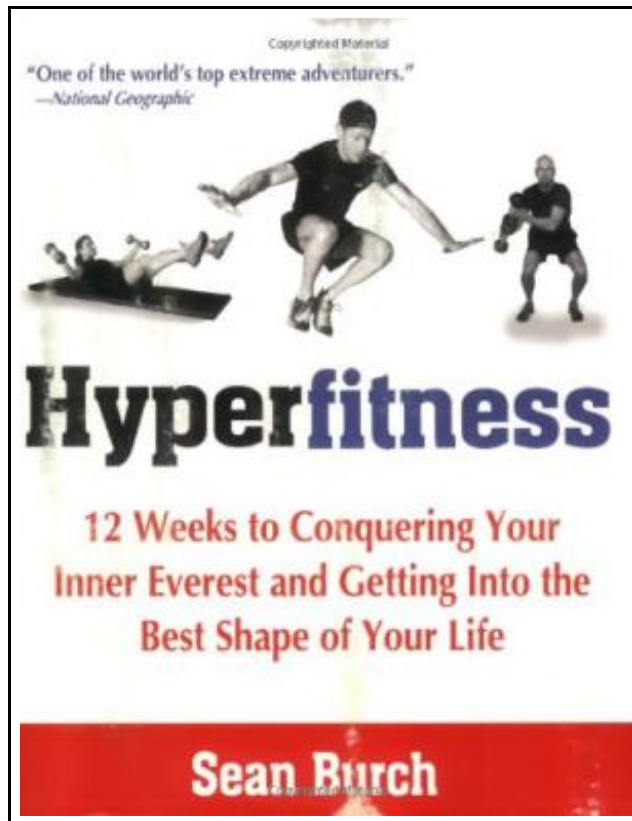


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HYPERFITNESS: 12 WEEKS TO CONQUERING YOUR INNER EVEREST AND GETTING INTO THE BEST SHAPE OF YOUR LIFE (PAPERBACK)



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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 visualization, combine with the workouts so you can achieve all your physical and mental goals. In addition to the training program, Sean recounts the story of his incredible summit of Mount Everest. Encouraging and inspiring, Hyperfitness offers readers the motivation to conquer their own inner Everest -be it a marathon, triathlon, long hike, 5K run, or any other fitness goal.



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