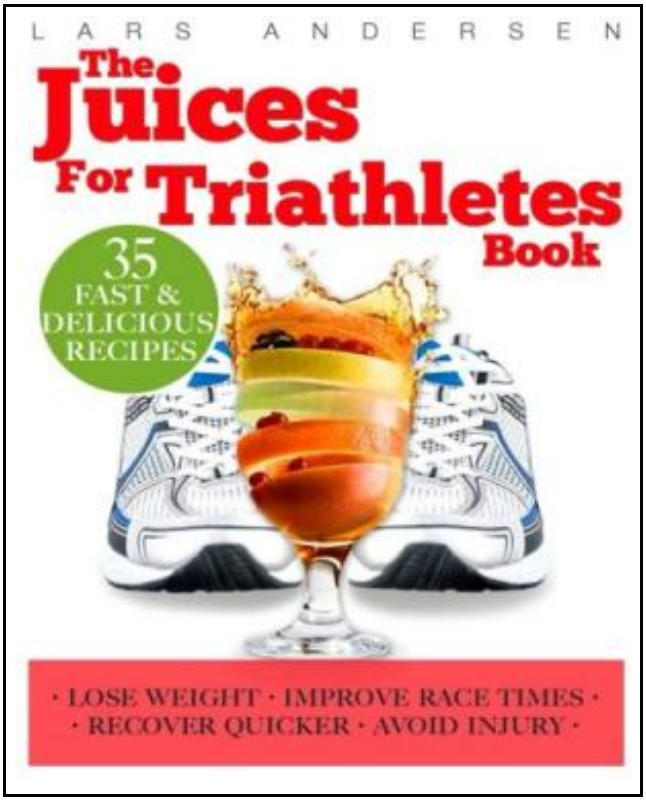
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Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 198 mm. Language: English . Brand New Book ***** Print on Demand *****.The ideal companion to Lars Andersen s Smoothies for Triathletes With his unique, no-nonsense, no-filler 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 juice that is ready in moments. Tailored to your specific needs: Unlike other books which stop at simply providing a list of juicing recipes, Lars includes the nutritional information and specifies when and why you should enjoy each juice recipe - whether it be pre-or-post training session. One size rarely fits all and Lars eliminates the guesswork for you. In this Book, distance runner and sports nutrition guru Lars Andersen provides shows you delicious ways to: Go significantly Further, Faster and for Longer Improve Race Times and Overall Fitness Save time and money whilst supporting Optimal Health 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 BONUS eBOOK! If you buy Juices for Triathletes ! today, you also get a FREE BONUS copy of the bestselling book: Crossfit to Drop Fat This best-selling report will help you to reach your fitness goals by using a little-known way of achieving your weight loss and fitness goals. And yes, these fitness tricks are backed by scientific research. It s also yours FREE OF CHARGE if you buy Juices for Triathletes today. AND THE BEST PART? This bonus report is also short, simple and gets straight to the point - no unnecessary padding. Grab your ebook today as this is available for a strictly limited period only! Scroll Up...

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