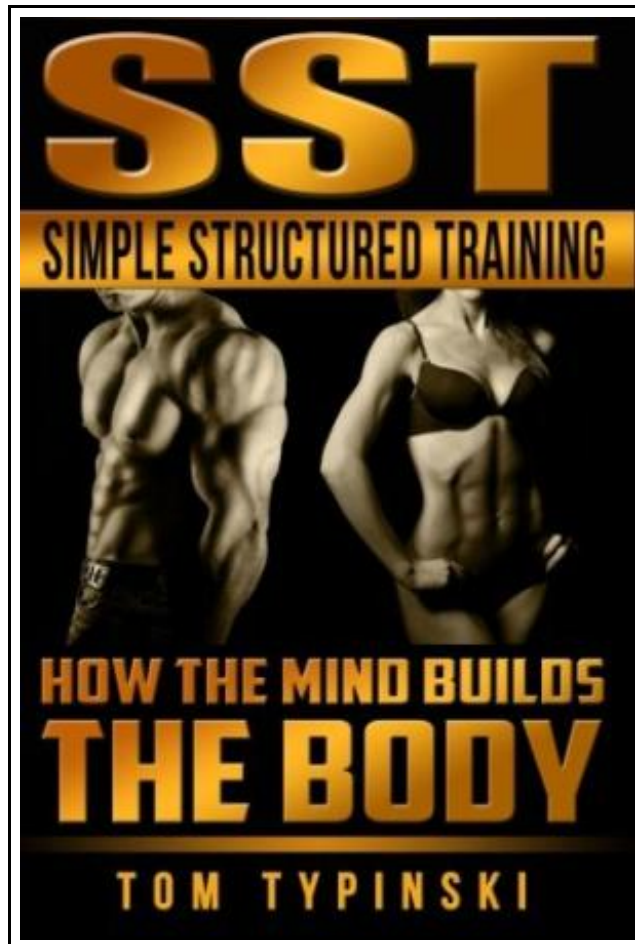


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SST SIMPLE STRUCTURED TRAINING: HOW THE MIND BUILDS THE BODY



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Typininc, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Simple Structured Training will help the weekend athlete as well as the Olympic athlete to enhance their game through feedback and intelligent, well-rounded and effective training. The intent of this book is not to tell you how to train. It is a means to make you think of how you train, why you train, and what you re training for. This book is intended for the person who is already an athlete and would like to become a better one. But it is also for the weekend athlete and the novice; an 11 year old can benefit from this advice as well as a 77 year old. It is a general guidebook to put your mind back into the workout. The basis of the understanding you need to be a better athlete is to simply feel what your body is telling you and respond to it with more or less intensity. Is your heart beating too fast as you exercise? Slow down. Do your joints ache? Pay attention to form and back off on the weight. Is your bodyfat too high? Lower your intensity around food! There are thousands of books ready to tell you how to diet, how many sets to perform, how much weight to lift, miles to run. But the sign of good training material is that which asks, What do you want? How soon do you want it? How much are you ready to sacrifice to get it? There are no great secrets left to this training game. The major bodybuilding, shaping, fashion, fitness and longevity magazines have the same articles with the same exercises that they had 50 years ago. They call it...



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