



## Strength Training and Sports Nutrition for Women

By Paul D.C. Wanlass

Lulu.com, United Kingdom, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book is designed specifically for women who want to improve their nutritional habits and increase strength, endurance, cardiovascular fitness, maintain a healthy weight, and decrease the recovery time between workouts or sporting events. Common injuries for female athletes depend on the sport, but may include: neck, upper back, or low back pain, sprains of the ligaments in the arms and legs, strains of the muscles in the arms and legs, carpal tunnel syndrome, shin splints, and ankle sprains from poor neuromuscular coordination. This book is designed to help condition your body to prevent these injuries.



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