



# Smoothies for Strength: Quick and Easy Recipes and Nutrition Plan for Maximum Strength Training and Conditioning Gains (Paperback)

By Lars Andersen

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 148 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-orpost 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: Train Significantly Harder and For Longer Build muscle Whilst Reducing Body fat Improve Mental Focus for Improved Gains Save Time and Money Whilst Supporting Optimal Muscle Growth Drastically Reduce Muscle Fatigue and Soreness, Joint Pain and Recovery time Beat Plateaus and Achieve New Levels of Strength Feel Fresh and Energized All Day, Every Day BONUS BOOK! If you buy Smoothies for Strength! today, you are also entitled to a FREE copy...



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