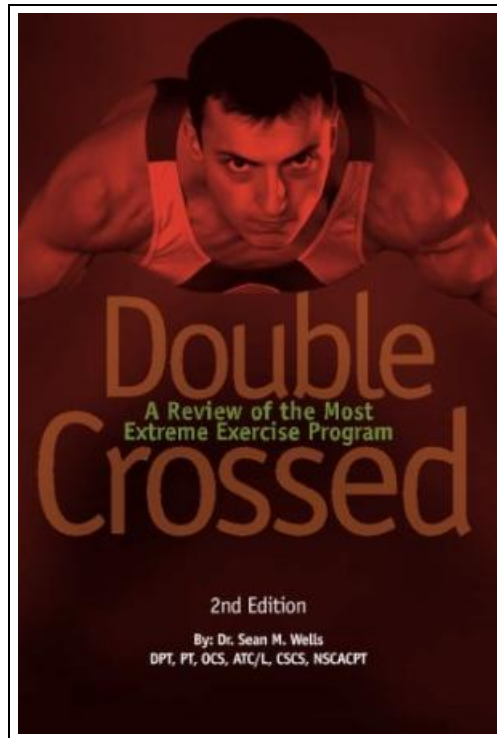


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Reviews

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(Hunter Witting)

DOUBLE CROSSED: A REVIEW OF THE MOST EXTREME EXERCISE PROGRAM



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Wells Physical Therapy, LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A must read for anyone thinking about joining an extreme exercise program. Double Crossed: A Review of the Most Extreme Exercise Program takes a deep exploration into the dangers of one of the fastest growing exercise company s methodology and offers research-based solutions and industry-specific tips so you can be informed to take control of your health. -Learn how this company makes money which can put your health at risk -Avoid rhabdomyolysis (rhabdo), a severe full body muscle breakdown that has placed people in hospitals around the world - Avoid life altering injuries - one man even severed his spinal cord during competition in an extreme exercise program -Insider tips on how to assess which trainer and gym is the right for you so you can meet your goals safely over your lifespan I originally published this book in June 2014 with the intent of educating the masses of the risk of a fast-growing extreme exercise program. In my first edition I cited current research, anecdotal evidence, and provided scientific theory as to how a specific extreme exercise program could seriously harm you. Can this program help you? Sure. You can lose weight, gain muscle mass, but most exercise specialists across the world are asking: at what cost? I am happy to say it only took 4 months for my book to scare this company s legal and business team into finding a way to stop me. I cannot name the name of the exercise program for their legal team will likely shut down my printing company on grounds of trademark infringement as they did in October 2014. If you are picking up this book and...



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