



The Next Generation of Surfing Training: The Cross Fit Conditioning Program That Will Make You a Better Surfer

Joseph Correa

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The Next Generation of Surfing Training: The Cross Fit Conditioning Program That Will Make You a Better Surfer This training book will change how you perform and your future potential to keep improving. Three different intensity levels are provided in the form of calendars: BASIC, INTERMEDIATE, and INTENSE. Each one has a varied difficulty level so that you can start with one plan and then decide if it's too hard or too easy and move to one of the other versions of this crossfit training program. This training program includes delicious lean protein breakfast, lunch, dinner, bar, and shake recipes so you can satisfy hunger and still eat healthy.



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