



Flexible Periodization METHOD

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Do you train athletes or clients who can benefit from TRULY individualized training programs?

sequence MAXIMIZING results PROVEN 9-Step

"After reading a few books on the subject and browsing the internet I came across your book, which seemed to collaborate the majority of periodization ideas out there. After reading the first 2 sections I can say the book is truly helpful and full of exceptional ideas. I can see myself using a lot of the strategies in preparation for my own clients."

Andy Thirlwell, BA Psychology
IKFF, KBL, RKC (Kettlebell specialist)
All American (University of Tennessee, Swimming)
Former International Swimmer (Great Britain)

[Additional details >>> HERE <<<](#)

training program for a 10k in 4 weeks

training programs for speed running

mma strength and conditioning ebook

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