

# IMPACTS OF CROSSFIT TRAINING ON THE TENNIS ATHLETE'S PERFORMANCE

IMPACTOS DO TREINAMENTO DE CROSSFIT SOBRE O DESEMPENHO DOS ATLETAS DE TÊNIS

IMPACTO DEL ENTRENAMIENTO DE CROSSFIT EN EL RENDIMIENTO DE ATLETAS DE TENIS



ORIGINAL ARTICLE  
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## ABSTRACT

**Introduction:** The competitive level of tennis has increased in recent years, challenging researchers to promote a higher level of endurance and performance of its practitioners. **Objective:** Analyze the impacts of CrossFit training on the performance of tennis athletes. **Methods:** This work conducted a four-week experiment with 50 professional tennis players, introducing a protocol based on CrossFit training to the experimental group. Levels of sports endurance and competition performance were statistically analyzed before and after the experiment. It was also analyzed whether CrossFit training could effectively improve tennis players' sports endurance and performance level. **Results:** After the intervention, the time required for the tennis players to take off and hit the ball 20 times in three steps after the recoil was reduced from 71.12 seconds before the experiment to 60.04 seconds in the experimental group. The forehand strike's linear and diagonal speeds increased by 11.00% and 6.57%, respectively. And the number of effective and accurate balls in the recoil increased by 5.87% and 5.58%. **Conclusion:** CrossFit training can improve tennis players' sporting endurance, playing a positive role in improving the players' level. **Level of evidence II; Therapeutic studies - investigation of treatment outcomes.**

**Keywords:** Physical Education and Training; Tennis; Physical Fitness.

## RESUMO

**Introdução:** O nível competitivo do tênis tem se elevado nos últimos anos, desafiando os pesquisadores na promoção de um maior nível de resistência e desempenho dos seus praticantes. **Objetivo:** Analisar os impactos do treinamento de CrossFit sobre o desempenho dos atletas de tênis. **Métodos:** Este trabalho conduziu uma experiência de quatro semanas com 50 tenistas profissionais, introduzindo um protocolo baseado no treinamento de CrossFit ao grupo experimental. Níveis de resistência esportiva e o desempenho na competição foram analisados estatisticamente antes e depois do experimento, também foi analisado se o treinamento CrossFit poderia efetivamente melhorar a resistência esportiva e o nível de desempenho dos tenistas. **Resultados:** Após a intervenção, o tempo necessário para os tenistas decolarem e baterem na bola por 20 vezes em três etapas após o recuo foi reduzido de 71,12 segundos antes do experimento para 60,04 segundos, no grupo experimental. A velocidade linear e a velocidade diagonal da batida dianteira também aumentaram em 11,00% e 6,57%, respectivamente. Sendo que o número de bolas efetivas e de bolas precisas no recuo aumentaram em 5,87% e 5,58%. **Conclusão:** O treinamento de CrossFit pode melhorar a resistência esportiva dos tenistas, desempenhando um papel positivo na melhora do nível dos jogadores. **Nível de evidência II; Estudos terapêuticos - investigação dos resultados do tratamento.**

**Descritores:** Educação Física e Treinamento; Tênis; Aptidão Física.

## RESUMEN

**Introducción:** El nivel competitivo del tenis ha aumentado en los últimos años, desafiando a los investigadores en la promoción de un mayor nivel de resistencia y rendimiento de sus practicantes. **Objetivo:** Analizar los impactos del entrenamiento de Crossfit en el rendimiento de atletas de tenis. **Métodos:** Este trabajo realizó un experimento de cuatro semanas con 50 tenistas profesionales, introduciendo en el grupo experimental un protocolo basado en el entrenamiento CrossFit. Se analizaron estadísticamente los niveles de resistencia deportiva y rendimiento en competición antes y después del experimento, también se analizó si el entrenamiento de Crossfit podía mejorar eficazmente la resistencia deportiva y el nivel de rendimiento de los tenistas. **Resultados:** Después de la intervención, el tiempo requerido por los tenistas para despegar y golpear la pelota durante 20 veces en tres pasos después del retroceso se redujo de 71,12 segundos antes del experimento a 60,04 segundos en el grupo experimental. La velocidad lineal y la velocidad diagonal del golpe de derecha también aumentaron un 11,00% y un 6,57%, respectivamente. Siendo que el número de pelotas efectivas y de pelotas precisas en el retro aumentaron en 5,87% y 5,58%. **Conclusión:** El entrenamiento de Crossfit puede mejorar la resistencia deportiva de los tenistas, desempeñando un papel positivo en la mejora del nivel de los jugadores. **Nivel de evidencia II; Estudios terapéuticos - investigación de los resultados del tratamiento.**

**Descriptores:** Educación y Entrenamiento Físico; Tenis; Aptitud Física.



# Popularity Of Crossfit Training Negative Impacts Of Crossfit Training

**António Ferreira**



## **Popularity Of Crossfit Training Negative Impacts Of Crossfit Training:**

**Popularity of Crossfit Training** James Carter, 2015-01-06 cross fit training advocates a perpetually varied mix of aerobic exercise gymnastics and olympic weight lifting read more to know more **Jacaranda Outcomes 1 Health and Movement Sciences Preliminary Course, 6e learnON & Print** Ron Ruskin, Kim Harper, Jade Hunt, Erinn McMahon, Wade Richardson, Clare Warren, 2024-08-26 Jacaranda Outcomes NSW's favourite Jacaranda Outcomes has the new Health Movement Science Stage 6 Syllabus covered with new content and tools to support your transition an enhanced exam focus and rich multimedia to support deeper learning Exam preparation in print and online Students can practise in class and at home with past HSC exam questions in print a printable exam question booklet annotated exam questions and sample responses plus 100s of additional exam questions online Videos by experienced teachers Students can hear another voice and perspective with new videos featuring expert teachers explaining how to answer exam questions including Band 6 responses Support for teachers Tools to save teachers time and support the transition to the new Syllabus including a full topic on the new depth studies and collaborative investigations plus instant reports into student progress For teachers learnON includes additional teacher resources such as quarantined questions and answers curriculum grids and work programs **Mobilities in a Turbulent Era** António Ferreira, 2024-06-05 Exploring the complexities of mobility this book questions prevailing views highlights the risks and implications of mobility centred policies and argues for nuanced approaches to addressing mobility related societal challenges Clinical Guide to Popular Diets Caroline Apovian, Elizabeth Brouillard, Lorraine Young, 2018-01-29 It is no secret that the United States is facing an obesity epidemic with the obesity rates continuing to rise year after year According to the Center for Disease Control one third of Americans are now obese It is no longer sufficient to simply point out the health risks of obesity to our patients as the reason to lose weight Patients are seeking guidance in terms of what specific diet plan to follow and what foods should be eaten There are thousands of diets on the market with new ones introduced daily Not all diet plans have proven results nor will they work for every patient More importantly not all diets marketed to the public are safe to follow for an extended timeframe In fact research shows us that diet composition is not the key to long term success but compliance to a calorie deficient diet is the solution So how does one choose which diet plan to recommend to patients Finally a book for clinicians is here to help answer this question This book provides information to help patients understand several different research proven diets on the market today including the Atkins diet the DASH Dietary Approaches to Stop Hypertension diet the I diet the Mediterranean diet Paleo Diets South Beach Vegetarian diets Weight Watchers and the Zone diet Each diet is carefully and thoroughly reviewed in this book by some of America's top obesity medicine and weight management specialists to provide health practitioners a knowledge of the diet composition current research evaluating the diet typical weight loss results the pros and cons of the diet as well as which patients would most benefit from each diet plan This book provides the necessary tools for clinicians to feel comfortable discussing several

of the more popular and scientifically researched diets with patients This book offers solid information to advise patients based on their specific health history on which diet will afford the greatest chance for success

**Designing Resistance Training Programs, 4E** Fleck, Steven J., Kraemer, William, 2014-02-14 In this text two of the world's leading experts on strength training explore how to design scientifically based resistance training programs modify and adapt programs to meet the needs of special populations and apply the elements of program design in the real world

**JC's Total Body Transformation** Juan Carlos "JC" Santana, 2019-01-02 If you're ready to transform your body and perfect your athletic skills then this is the book for you Based on solid exercise science principles and tested with thousands of clients JC's Total Body Transformation gives you over 110 workouts that can be plugged into any training plan right now to transform your body improve your athletic performance build strength and endurance and produce the results you want This text also addresses recovery technique and nutritional interventions that will support your transformation journey Author JC Santana has spent over 30 years working with professional and collegiate athletes weekend warriors and serious strength and fitness clients and he's developed hundreds of workouts that are proven to work You won't get a lot of fluff here You'll get an introduction on how to use these workouts an explanation of why JC's training philosophy works instructions on how to coach the workouts and his simple philosophy on assessment and progressions and then the rest is all workouts Check out what's packed inside these pages More than 110 ready to use workouts for body transformation strength and endurance Nutrition tips to help torch fat and build muscle Suggestions for faster recovery Bonus workouts from industry giants in athletic performance bodybuilding and physique competition Tips on using multiple pieces of equipment including barbells dumbbells and medicine balls to target different muscles and add variety Equipment suggestions and reviews The best part is that you can use these workouts with any current training plans so you have plenty of options to customize your training These workouts take into account the unique needs of men and women and there is even guidance on how to sequence workouts sequentially or successively to create daily monthly and yearly programs Make every exercise count and avoid boredom with the same old routine JC's Total Body Transformation is your instant guide to transforming your body optimizing performance and maximizing function

**Build Your Running Body** Pete Magill, Thomas Schwartz, Melissa Breyer, 2014-07-29 The best running book ever Bob Anderson founder of Runner's World Whether you're a miler or an ultramarathoner if you want a fit fast and injury resistant running body there's a better way to train than relentlessly pursuing mileage This easy to use workout manual draws on the latest research in running physiology to target all the components that go into every stride including muscles connective tissue cardiovascular fitness energy production the nervous system hormones and the brain With the breakthrough whole body training program in Build Your Running Body runners will improve their times run longer and more comfortably and reduce injury With more than 150 workouts from weightlifting and cross training to resistance exercises and plyometrics fine tuned to individual skill levels and performance goals PLUS 393 photos that make it easy to

follow every step of every workout 10 training programs to help runners of all levels integrate the total body plan into their daily routines Interviews with leading runners exercise scientists and coaches learn how elite runners train today Race strategy for the crucial weeks leading up to the competition and through to the finish line Exercises to prevent injury and rehabilitate common running ailments Seasoned insight on barefoot running the pros and cons of stretching and other hot button topics Nutrition guidance on carbs proteins fats and weight loss More than 30 recipes to speed recovery and cement fitness gains Beginners guidelines every step of the way Valuable tips on proper apparel tracking your progress and more

**Climbing** Clyde Soles, Whatever your talent experience and ambition if you climb you would do well to read Clyde Soles training manual This book will allow you to pull down harder last longer and have more fun while you re at it Jon Krakauer author of Into Thin Air Climbing exercises to build strength endurance flexibility and aerobic fitness Up to date nutritional information to power your climbing training Climbing fitness tips that prepares you both mentally and physically Climbers at all levels benefit from working to build core strength opening the door to higher levels of achievement This important edition in the Mountaineers Outdoor Expert series covers everything you need to improve your climbing fitness in ways that takes your performance to the next level There is even instruction on yoga Pilates and herbal supplements as well as a section on core training Climbing Training for Peak Performance also contains information about rehabilitation after an injury plus several new training programs *New Anatomy for Strength & Fitness Training* Mark Vella, 2018-08-14 Perfect for beginning and advanced fitness practitioners alike this is an in depth look into the most magnificent machine ever created the human body Using detailed anatomical illustrations New Anatomy for Strength and Fitness Training provides you visual insight into what happens to this organic machine during exercise muscles and tendons working in concert to strengthen your body s building blocks With a basic knowledge of how the body works you can buff up your body with more than 75 selected exercises grouped by body region and involving gym machines free weights and body weight stretching as well as yoga and Pilates Each exercise is vividly illustrated by a full color anatomical illustration of the targeted muscles together with instructions on execution and technique *Acute and Emergency Care in Athletic Training* Michelle Cleary, Katie Walsh Flanagan, 2019-03-01 Athletic trainers are often the first ones on the scene when an individual sustains an acute injury Therefore knowing how to assess injuries and illnesses and begin treatment quickly is of vital importance for aspiring athletic trainers Acute and Emergency Care in Athletic Training With Web Study Guide teaches students how to recognize and manage emergency conditions so they can provide appropriate patient care between the field and the emergency department Authors Michelle Cleary and Katie Walsh Flanagan take an interdisciplinary approach drawing from literature position statements and guidelines from numerous professional health care organizations to offer current evidence based clinical best practices The book s comprehensive coverage adheres to and incorporates guidelines from the Commission on Accreditation of Athletic Training Education CAATE and the Board of Certification BOC and it is one of the first textbooks to align with the

competencies outlined in the CAATE 2020 standards To prepare students to effectively provide appropriate care before getting an injured or ill athlete to the hospital Acute and Emergency Care in Athletic Training includes the following learning aids Case studies in the web study guide offer practical scenarios that will facilitate critical thinking and decision making skills Clinical Skills sidebars guide students through the process of completing specific tasks such as splinting wound care and airway maintenance Red Flag sidebars indicate areas where significant caution is warranted Decision making algorithms and decision trees lead students through selecting the most appropriate treatment option based on a patient s signs and symptoms Key terms are boldfaced in the text and are defined in the glossary section With a full color presentation and more than 280 photos and illustrations the text takes a systematic approach to acute and emergency care with the content divided into two parts Part I provides critical information on prevention and risk management strategies including developing an emergency action plan conducting an emergency examination and administering emergency medications Part II then provides the basics of emergency evaluations describing how to examine treat and manage common acute injuries and illnesses to limit the severity of these potentially life threatening conditions To aid instructors using Acute and Emergency Care in Athletic Training in the classroom there is a full array of ancillaries including a test package an instructor guide with sample answers to the case study questions and a presentation package plus image bank When an athlete is injured on the field of play time is of the essence Acute and Emergency Care in Athletic Training is an invaluable resource for training and preparing the initial responders to recognize critical situations and treat the acutely injured or ill patient

**The Global Private Health & Fitness Business** Jerónimo García-Fernández,Pablo Gálvez-Ruiz,2021-04-15 The Global Private Health Fitness Business shows the globalization of the health and fitness industry and its different forms of management according to different countries the objective being to show the various business models in the fitness industry in seventeen countries around the world and explore their methods of marketing

**Learning to Breathe Fire** J.C. Herz,2015-06-02 The absorbing definitive account of CrossFit s origins its explosive grassroots growth and its emergence as a global phenomenon One of the most illuminating books ever on a sports subculture Learning to Breathe Fire combines vivid sports writing with a thoughtful meditation on what it means to be human In the book veteran journalist J C Herz explains the science of maximum effort why the modern gym fails an obese society and the psychic rewards of ending up on the floor feeling as though you re about to die The story traces CrossFit s rise from a single underground gym in Santa Cruz to its adoption as the workout of choice for elite special forces firefighters and cops to its popularity as the go to fitness routine for regular Joes and Janes Especially riveting is Herz s description of The CrossFit Games which begin as an informal throw down on a California ranch and evolve into a televised global proving ground for the fittest men and women on Earth as well as hundreds of thousands of lesser mortals In her portrayal of the sport s star athletes its passionate coaches and its chief armorer Rogue Fitness Herz powerfully evokes the uniqueness of a fitness culture that cultivates primal fierceness in average people And in the shared

ordeal of an all consuming workout she unearths the ritual intensity that s been with us since humans invented sports showing us how on a deep level we re all tribal hunters and first responders waiting for the signal to go all out Applied Exercise Psychology Selen Razon,Michael L. Sachs,2024-05-21 Now in its second edition Applied Exercise Psychology emphasizes the application of evidence based knowledge drawn from the fields of exercise psychology health psychology clinical and counseling psychology and exercise physiology for physical activity behavior change Thoroughly revised the new edition offers readers two new chapters covering Excusercise and Mood Alteration s link to exercise fully updated sections on current research and theoretical bases for understanding and promoting physical activity behavior interventions for facilitating physical activity behavior change and the tools for measuring the effectiveness of these interventions cross cultural considerations for practitioners to ensure multicultural competency considerations to guide best practices with special populations e g persons with medical conditions and persons with mental health conditions overall applied implications and future directions An essential read that covers a variety of critical topics in applied exercise psychology it brings often overlooked issues to the attention of practitioners to promote not only evidence based practice but also responsible ethics and referral The collection is a key reference for up to date research findings relevant field experiences and applied implications *Pelvic Pain Explained* Stephanie A. Prendergast,Elizabeth H. Akincilar,2016-01-07 At its heart Pelvic Pain Explained is the story of how patients develop pelvic pain the challenges patients and providers face throughout the diagnosis and treatment process the difficult task of sifting through the different available treatment options and the impact that an invisible condition has on a patient s life and relationships and much more Those who develop pelvic pain find the path to proper diagnosis and treatment frustrating and unsuccessful oftentimes because they are trying to work within the model of recovery they are used to one in which they go to the doctor maybe take some tests and then get a very specific diagnosis that dictates a very specific mode of treatment This simply is not the path to healing from pelvic pain Pelvic pain is a health issue that crosses the borders between medical disciplines and requires the patient to be a proactive participant in the healing process Here Stephanie Prendergast and Elizabeth Rummer offer readers guidance on navigating a pelvic pain diagnosis and treatment helping them to better understand their pain from a physiological perspective as well as how to digest the current treatment options available and put them on the path to healing Providers too will gain a better understanding of the effectiveness of an interdisciplinary treatment approach Major topics the book tackles include the anatomy of the pelvic floor with an explanation of the many ways pelvic pain occurs the different diagnoses and contributing factors associated with pelvic pain a discussion of the current treatment landscape with guidance on how to navigate it the vital role that PT plays in treatment male pelvic pain pregnancy and pelvic pain sex and pelvic pain the role of the patient in healing the role of the brain in pelvic pain and much more Anyone with pelvic pain will find here a starting point on the road to healing and living pelvic pain free □□□□ □□□□□□□□ LiveABC□□□,2018-11-28 10 Unit 1 Unit 2 Unit 3 Unit 4 Unit 5 Unit

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**Power Speed Endurance** Brian Mackenzie,2012-11-12 Power Speed ENDURANCE is a highly effective training system that has catapulted thousands of endurance athletes to the next level Developed by CrossFit Endurance founder Brian MacKenzie and featuring instruction from some of the world s top endurance and CrossFit coaches Power Speed ENDURANCE unveils techniques drills and training strategies that will optimize your performance and overall work capacity while decreasing your susceptibility to injury Through thousands of step by step color photographs and detailed narrative Power Speed ENDURANCE breaks down proper running cycling and swimming mechanics like never before MacKenzie s unique system of building strength speed and power is aimed at reaping continual results without injury In fact he devotes an entire chapter to the broken down athlete equipping you with the knowledge to prevent repair and treat injuries brought on by poor mechanics and tight overworked muscles In addition MacKenzie outlines a straightforward approach to nutrition hydration and electrolyte balance that will increase your energy boost your performance and accelerate your recovery Whether you re a self trained athlete looking to compete in your first endurance event a seasoned competitor looking to reach your highest potential or a CrossFit athlete looking to increase stamina Power Speed ENDURANCE will help you reach your goal In this book you will learn how to develop proper running technique using the Pose Method properly fit yourself on a bike improve cycling mechanics on a road time trial and mountain bike swim effortlessly and improve freestyle stroke mechanics through skill based drills and exercises accelerate work capacity and minimize fatigue by building muscle speed and power incorporate a CrossFit Endurance strength and conditioning program into your training routine maximize nutrition hydration and electrolyte balance to improve performance and body composition prevent repair and treat nagging injuries associated with endurance sports and improve range of motion using Starrett s Movement and Mobility Method

**Who Runs? Psychological, Physiological and Pathophysiological Aspects of Recreational Endurance Athletes** Pantelis Theodoros Nikolaidis,Beat Knechtle,Alessandro Quartiroli,2020-12-22 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office frontiersin.org/about/contact

*Research Anthology on Usage, Identity, and Impact of Social Media on Society and Culture* Management Association, Information Resources,2022-06-10 Much of the world has access to internet and social media The internet has quickly become a new hub for not only communication but also community development In most communities people develop new cultural norms and identity development through social media usage However while these new lines of communication are helpful to many challenges such as social media addiction



cyberbullying and misinformation lurk on the internet and threaten forces both within and beyond the internet The Research Anthology on Usage Identity and Impact of Social Media on Society and Culture is a comprehensive resource on the impact social media has on an individuals identity formation as well as its usage within society and cultures It explores new research methodologies and findings into the behavior of users on social media as well as the effects of social media on society and culture as a whole Covering topics such as cultural diversity online deception and youth impact this major reference work is an essential resource for computer scientists online community moderators sociologists business leaders and managers marketers advertising agencies government officials libraries students and faculty of higher education researchers and academicians

*The Path of an Eagle* Jay Fantom, 2022-09-27 A heartfelt emotive and hopeful account of one man s awe inspiring journey to overcome the seemingly impossible near death experiences abuse of all kinds depression anxiety addictions and eating disorders It captures how he embraced the past with truth courage and sincerity to help others find the answers to what it really takes to overcome and lead a fulfilled and meaningful life after being knocked down Jay Fantom invites us all to be brave and courageous as we follow him down what he calls The Path of an Eagle It is where we will find hope and strength in God as He will enable us to spread our wings and take flight because we weren t meant to stay on the ground Despite the struggles attempting to keep us down we were made for the skies and to soar above the clouds Jay s willingness to vulnerably share his truth will change you forever When you witness someone live their truth it gives you permission to do the same I highly recommend this book Gabby Bernstein 1 New York Times Bestselling Author of The Universe Has Your Back Jay s stories will grip you move you and inspire you The Path of an Eagle is one for the story lovers and those searching for wisdom truth and real connection in their lives Mel Robbins New York Times Bestselling Author of The High 5 Habit and The 5 Second Rule World Renowned Motivational Speaker This book is spreading such a powerful message out to the world It s full of useful strategies and resources to help you overcome whatever challenge you may face in your life Definitely worth a read Nick Vujicic New York Times Bestselling Author World Renowned Speaker Coach and Entrepreneur A must read The Path of an Eagle is a journey of self discovery and one brave young man s fight to rise above tragedy and become a light for those struggling in the darkness Kudos to Jay for having the courage to share deeply personal vulnerable experiences which served to help the reader to understand the struggles of a young male which oddly were not so different from the struggles I and so many other young women have endured Tana Amen B S N R N New York Times Bestselling Author of The Omni Diet The Relentless Courage of a Scared Child and VP Amen Clinics Real and authentic are the two words that will burst into your mind as you read The Path of an Eagle The stories Jarred shares about his own experiences will not only challenge you but inspire you to become better in your own life This is a must read for anyone wanting to grow and reach their full potential Dr Nicole LePera New York Times Bestselling Author of How to Do the Work The Path of an Eagle is filled with many heartfelt and inspiring stories from Jay s life This book will take you down the right

paths toward healing your mind and heart from the unthinkable It s a must read Dr Caroline Leaf Communication Pathologist and Neuroscientist New York Times Bestselling Author In The Path of an Eagle Jay shares a real and vulnerable look at his story and in our world full of highlight reels it s much needed He offers the inspiration encouragement and truth that anyone who feels knocked down needs to hear Whether or not you re experiencing that kind of season this book can help set you up for mental emotional and spiritual success Dr Will Cole Leading Functional Medicine Expert New York Times Bestselling Author of Intuitive Fasting     *The Body Reset Diet, Revised Edition* Harley Pasternak,2021-01-05 Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author featured on Khlo Kardashian s Revenge Body now revised with the latest nutrition science and updated recipes Harley Pasternak has worked with most of Hollywood whipping celebs into shape for roles and the red carpet and also appearing as a celebrity trainer on Revenge Body with Khlo Kardashian With The Body Reset Diet he introduced his ultimate reset plan to the world and rebooted readers systems to set them on the path to thinner healthier happier lives Now he s updating this beloved plan with a new introduction the latest findings in nutritional science and new recipes This three phase program focuses on the easiest most effective way to slim down blending The five day jumpstart includes delicious expertly crafted smoothies dips snacks and soups all customizable to any preference or diet restriction Over the following ten days readers will reintroduce healthy versions of their favorite foods along with the blended recipes keeping their metabolisms humming The plan also explains how the easiest form of exercise walking along with light resistance training is all it takes to achieve the celebrity worthy physique that every reader craves Whether readers are looking to lose significant weight or just those last five pounds The Body Reset Diet offers a proven program to hit the reset button slim down and get healthy in just fifteen days and stay that way for good

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