

Fitness 4x4 Training Guide - Rajko Radovic

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The Fitness 4x4 Training Guide is the companion book to "Fitness4x4: The Way of Dragan" written by world renowned fitness educator Dragan Radovic. At age 56, Dragan has astounded the fitness community by offering prizes of up to \$10,000 to anyone who can beat him in a dumbbell lifting contest. In more than 5 years of public challenges at the world's leading fitness conventions, Dragan has never been defeated. He continues to increase his fitness and improve his performance every year. He attributes his incredible levels of vitality to his unique system of training, known as Fitness4x4. In his book, Dragan outlines the four principles of effective training. Now, in this 52-page Fitness 4x4 Training Guide, Dragan's son Rajko offers a practical guide to getting started on the Fitness4x4 training system. The Training Guide contains over 100 color photos, detailed descriptions and progress charts. It is suitable both for beginners and experienced practitioners as it contains moderate, intermediate and advanced exercise options. Note: The Fitness4x4 program is intended for healthy adults, age 18 and over. This book is solely for informational and educational purposes and is not medical advice. Please consult a medical or health professional before you begin any new exercise program or if you have any questions about your health. The Fitness 4x4 Training Guide is intended to be used in conjunction with the first book in the Fitness4x4 series: "Fitness4x4: The Way of Dragan". Author: Radovic, Rajko Publisher: Fitness4x4 Ltd Illustration: N Language: ENG Title: Fitness 4x4 Training Guide Pages: 00000 (Encrypted PDF) On Sale: 2005-07-20 SKU-13/ISBN: 9780954953713 Category: Health & Fitness : Exercise Category: Sports & Recreation : Bodybuilding & Weight Training

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