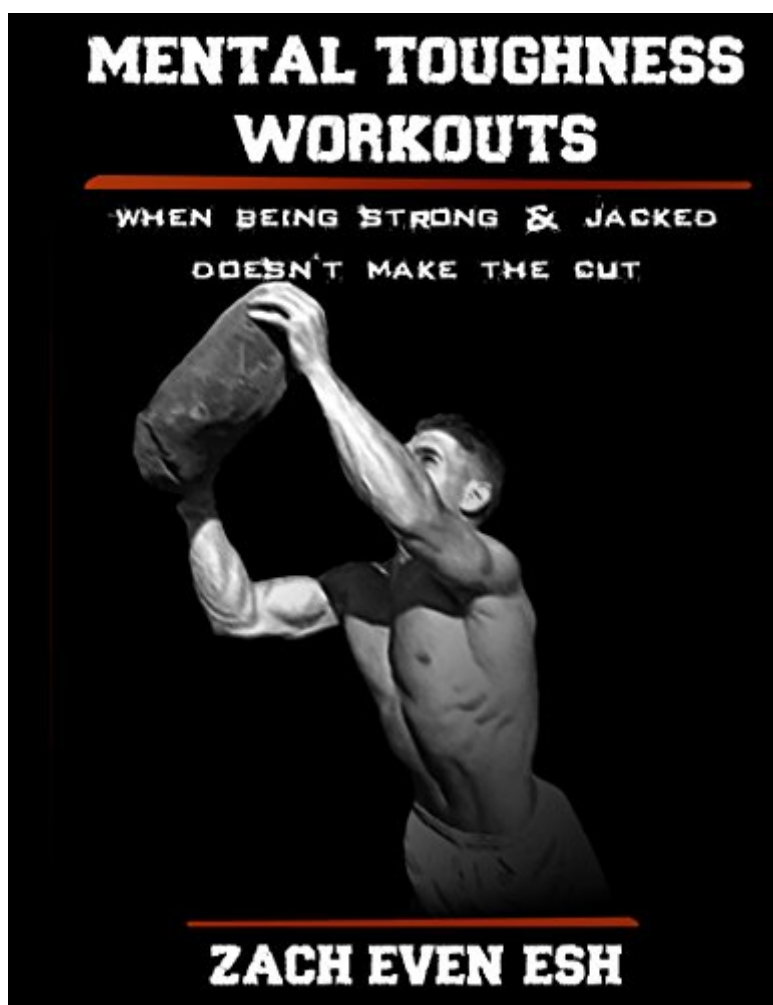


The book was found

Mental Toughness Workouts: 30 Workouts To Forge Your Mind & Body To Greater Heights



Synopsis

What is the Difference between the Good vs the Great? It is their mindset, their attitude and their ability to turn struggles into strength. I was always fascinated by people who had the type of mental toughness and grit that took them to greater heights, be it in sports, life, business, etc. I aggressively studied the training methods of these high achievers including the special forces soldiers, the best athletes in the world and then I began applying them to my own training and the training of my athletes. I began implementing these mental toughness workouts that would push us both mentally AND physically. I took these workouts and shared them with the athletes I trained as well as entrepreneurs and coaches I worked with. The feedback was powerful. I tracked all of these Mental Toughness workouts and organized them into 30 ready to use workouts for anyone who desires to transform their mental toughness and physical fitness levels. The athletes found comfort under stress where others would normally crumble. Entrepreneurs found themselves more focused, more disciplined and overall more successful during challenging times. Whether you're a Coach, an athlete or someone looking to achieve more in life, these 30 workouts can be applied to your current training program to achieve greater success in your chosen endeavors. Who Will Benefit from These 30 Mental Toughness Workouts:- Sport Coaches who want to add weekly challenges to their current athlete training program - High School & College Wrestlers / Wrestling Coaches- Strength & Conditioning Coaches who want to help their athletes develop the mindset of a Champion - Anyone Training for an Obstacle Race, Ruck or Military Fitness Challenge- Aspiring Military & Law Enforcement - Active Military & LEO who want to be "Job Ready" at all Times- You can perform these workouts in any order in combination with your current training program. These workouts can also be modified or broken down to slowly build up to completing each of these Mental Toughness Workouts. The equipment needed:- Ability to Perform Bodyweight Exercises- Free Weights: Barbells & Dumbbells - Kettlebells - Sled / Tire Sled- Sandbag After each workout you'll experience:- Greater Self Confidence - Greater Overall Strength & Fitness - Confidence Under Stress - Greater Physical Durability & the ability to thrive under tough Physical situations - Increases In Your Strength, Speed & Power - Increased Muscular Endurance- Greater Mental Toughness & Grit in All Areas Of Your Life To get these 30 Mental Toughness Workouts simply scroll to the top and Add To Cart.

Book Information

File Size: 596 KB

Print Length: 23 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 16, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B06W9M11YG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #319,338 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #96

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Wrestling #138

in Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Sports & Outdoors #229

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Really great information , concise and to the point book .Love scrolling through book and finding a workout to do

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