



Double Crossed: A Review of the Most Extreme Exercise Program (Paperback)

By Dr Sean M Wells

Wells Physical Therapy, LLC, United States, 2014. Paperback.
 Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A must read for anyone thinking about joining an extreme exercise program. Double Crossed: A Review of the Most Extreme Exercise Program takes a deep exploration into the dangers of one of the fastest growing exercise company s methodology and offers research-based solutions and industry-specific tips so you can be informed to take control of your health. -Learn how this company makes money which can put your health at risk -Avoid rhabdomyolysis (rhabdo), a severe full body muscle breakdown that has placed people in hospitals around the world -Avoid life altering injuries - one man even severed his spinal cord during competition in an extreme exercise program -Insider tips on how to assess which trainer and gym is the right for you so you can meet your goals safely over your lifespan I originally published this book in June 2014 with the intent of educating the masses of the risk of a fast-growing extreme exercise program. In my first edition I cited current research, anecdotal evidence, and provided scientific theory as to how a specific...



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