

The Cheer Diet (Female Edition): A 60 Day Plan Designed To Help You Stunt Stronger, Tumble Harder & Look Absolutely Fierce At Competitions

By Sahil Mulla

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Going Full Out Just Got Easier! Say goodbye to feeling bloated, having low energy and getting cramps while doing the sport you love. Everything about The Cheer Diet has been designed to meet the demanding needs of today's All-Star and Varsity athlete. Inside, you'll learn:

- What to eat before practice to avoid energy crashes
- What you should be drinking during practices to keep you going for hours (Hint: it's not Gatorade!)
- How to prime your body to burn fat as fuel instead of sacrificing your muscles as the energy source
- How to prepare simple, delicious and easy to cook meals that require almost no cooking skills
- Exactly what to eat after practice so that your body goes into repair mode almost immediately!
- And much, much more…

So while other girls are suffering by fueling their bodies with basic, low quality foods, you can give yourself the edge by being able to perform like a champion and look Instagram worthy from every angle! Free nutrition tips: www.TheCheerDiet.com Follow us on Twitter and IG: @thecheerdiet

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- Rank: #607638 in Books
- Brand: Ingramcontent
- Published on: 2015-01-26
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .41" w x 5.25" l, .43 pounds
- Binding: Paperback
- 180 pages

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Editorial Review

About the Author
Coach Sahil Mulla has been involved in the field of performance and nutrition for well over a decade! He is the founder of Addicted To Tumbling and Hardcore Training Solutions where he consults some of the top athletes in Gymnastics, Powerlifting and MMA. He also works with regular people that just want to get in the best shape of their life (cheer moms and dads included!) To write the The Cheer Diet, Coach Sahil took his years' worth of knowledge and experience to create a plan that is specifically designed for the hard-working athletes of this growing sport, in order to give them the edge they deserve!

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Kurtis Henry:

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