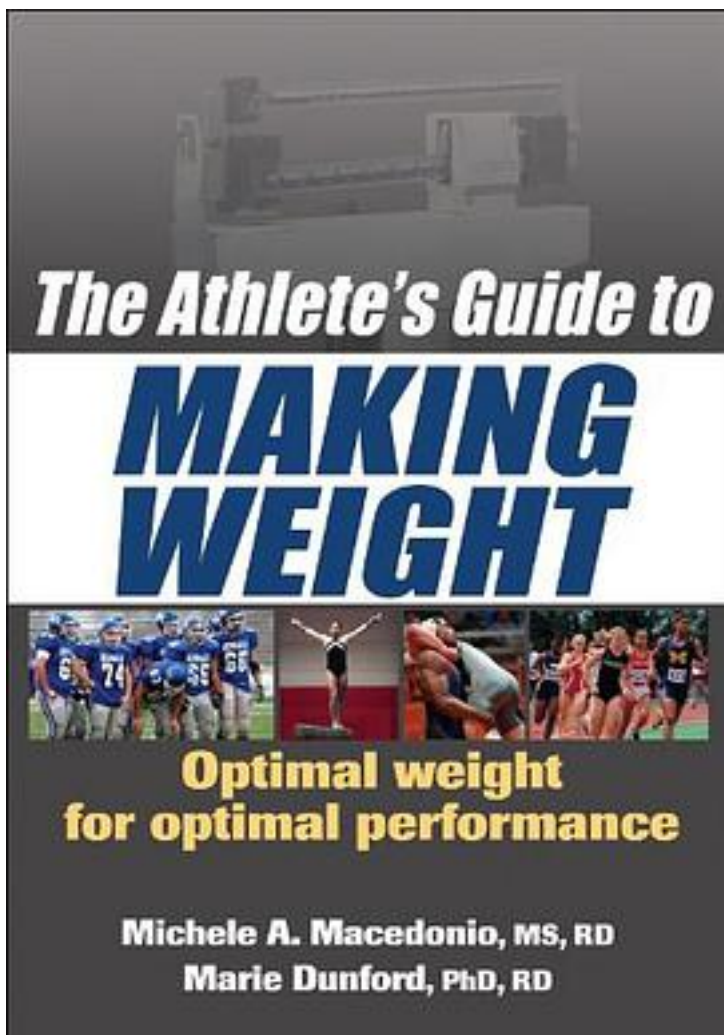


The Athletes Guide to Making Weight



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In "The Athlete's Guide to Making Weight", renowned sport dietitians Michele

Macedonio and Marie Dunford have analysed today's top athletes, competitive trends and positional demands across 21 sports to help readers determine and achieve their optimal competitive weight. The text teaches athletes how to assess body composition, nutritional requirements and their current training programmes. Then follow the customisable meal plans for a personalised approach to maximising performance. Whether readers need to add muscle and mass, lose body fat, or control water weight, this book will help athletes reach their goals without sacrificing safety or performance.

作者介绍:

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