



CARLOS Y. SUMULONG

# Cutting Weight 101: Step by Step Guide to Weight Loss for Sports Performance

*Carlos Sumulong , Heather Sumulong (Editor)*

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**Cutting Weight 101: Step by Step Guide to Weight Loss for Sports Performance** Carlos Sumulong , Heather Sumulong (Editor)

Making weight for a tournament or a game doesn't have to be torture! Learn the secrets of cutting weight in a quick and safe manner. You will discover a new mindset for making weight without compromising your health. Watch your opponents lose strength from using old school methods. Blow them away with scientifically based nutrient timing!

Simple meal plans that work.

Debunk myths and misconceptions.

Feel strong going into weigh-ins.

Tips to minimize the pain of cutting weight.

Your body is a machine. Fuel it with premium nutrition just like you would fuel a high performance sports car. This book is designed by an NCAA All American wrestler who has lived the culture of cutting weight for thirty years as an athlete and a coach. Avoid making critical mistakes that will hamper your athletic performance. You can have it all. Be at your optimum weight class and save your muscles for the competition! Cutting Weight 101 is a must have resource for parents, coaches, and athletes.

## Cutting Weight 101: Step by Step Guide to Weight Loss for Sports Performance Details

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## **From Reader Review Cutting Weight 101: Step by Step Guide to Weight Loss for Sports Performance for online ebook**

### **Kelly says**

I thought this was a great book for parents, coaches and wrestlers. As a nurse, I can vouch for the nutrition facts and information. Of course, because my wrestler is a teenager, he doesn't listen to me, so it is nice to have a book endorsed by his coaches to back me up.

This book provides wrestlers and parents solid, healthy plans.

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