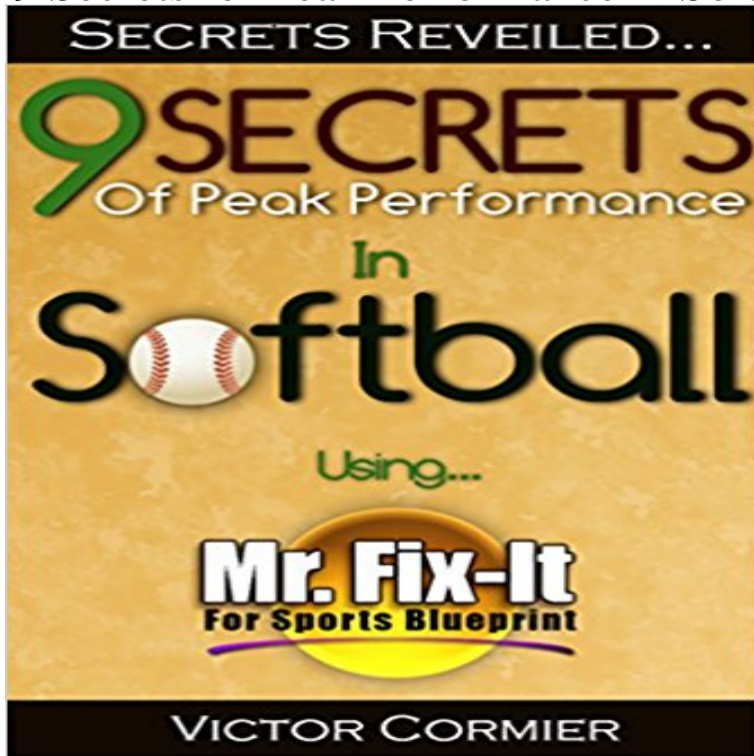


## 9 Secrets for Peak Performance in Softball: Using Mr. Fix-It For Sports



This book will teach softball players and coaches how to Diagnose, Pinpoint and Solve some of the worst Training and Performance Problems, Frustrations and Concerns that prevents anybody from achieving peak performance in softball. It teaches you how to not only CONTROL your training but also how to get rid of those horrible ON and OFF days which result in players not being able to experience and consistent performance. If youve ever had questions about some of the worst training and performance problems in softball, then this book is for you. Over 16 years of research has gone into the development of these 9 Secrets and they will produce instant results in softball. These SECRETS can be implemented right away and it can be done by beginners, intermediate, elite and even the pros. The results have been between 5%-50% improvements in a very short period of time.... guaranteed! This system was invented by Victor Cormier a Team Canada karate competitor that experienced all of the training and performance problems, frustrations and concerns in karate. After a long period of coaxing from coaches (from other sports) he decided to see if his system would work in other sports such as softball, tennis, hockey, golf and many more.... What he found out was it worked with some tweaking of the system in all sports while producing instant and drastic improvements in all sports. So if you have training and performance problems youd like to solve.... then read this book. This isnt a magic pill but its the closest thing to it!

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