

A woman is shown from the waist up, wearing a black sports bra and grey shorts. She is holding a yellow measuring tape around her waist. The background is white.

Exercise & Sport Nutrition

PRINCIPLES | PROMISES | SCIENCE | RECOMMENDATIONS

*The Ultimate Training
and Nutrition Guide to
Optimal Health, Fitness,
and Performance*

Richard B. Kreider
Brian C. Leutholtz
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Exercise Sport Nutrition Principles Promises Science Recommendations

Katrin Zwirgmaier



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