



Parkour Strength Training: Overcome Obstacles for Fun and Fitness (Paperback)

By Ryan Ford, Ben Musholt

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Language: English . Brand New Book ***** Print on Demand *****. In Parkour Strength Training, you will learn how to: - Accelerate your athletic development with three fundamental bodyweight exercises - Promote the flexibility and mobility necessary for safe obstacle-based fitness - Prepare and condition your joints to avoid injuries - Train safely outdoors - Remedy the common faults and errors that plague parkour newcomers - Incorporate ground-based exercises, such as quadrupedal movement, bounding, and jumping into your workouts - Use low obstacles such as benches, handrails, and walls for full-body strength training - Fly over barriers using three basic vaults - Mount, traverse, and overcome head-high walls and bar structures - Master proper climb-up technique using many supplemental exercises - Design an effective strength training program - Combine skill-based drills and games to become a more well-rounded practitioner - Dominate obstacle courses.

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Reviews

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This ebook could be worthy of a read through, and far better than other. I am quite late in start reading this one, but better than never. I realized this publication from my dad and i advised this publication to learn.

-- Stefan Von