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Parkour Strength Training: Overcome Obstacles for Fun and Fitness

By Ryan Ford, Ben Musholt

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. 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

Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Sierra Lowe Sr.**

Simply no terms to explain. I am quite late in start reading this one, but better then never. Its been written in an remarkably easy way and is particularly merely soon after i finished reading this book where basically changed me, affect the way i really believe.

-- **Prof. Jedediah Kuhic DVM**