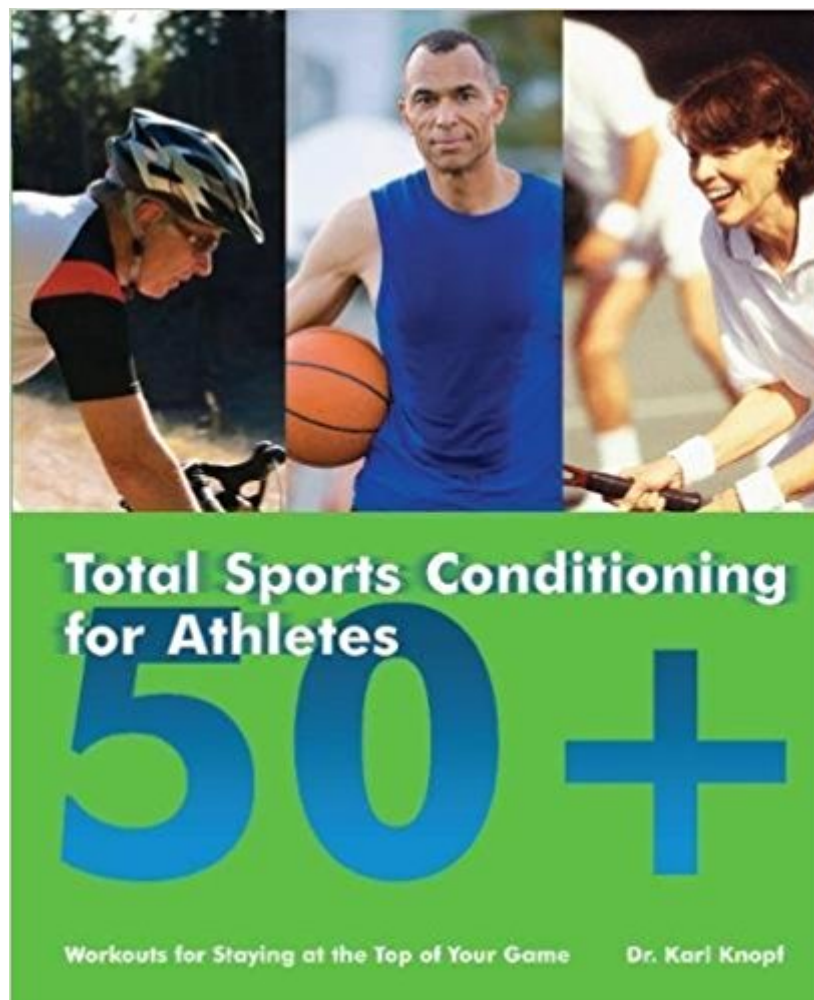




The book was found

Total Sports Conditioning For Athletes 50+: Workouts For Staying At The Top Of Your Game



Synopsis

STAY AT THE TOP OF YOUR GAME AT ANY AGEâDonât give up your favorite sport.âDonât lose to younger competitors.âSports conditioning gives you the winning edge! With targeted programs for fast and effective off-the-court conditioning, this book provides exercises for maintaining the flexibility, strength and speed you need to stay competitive. By following the regimen in Total Sports Conditioning for Athletes 50+, youâll see results where they matter mostâon the playing field. The combination of aerobic, strength, plyometric and functional training in this book is sure to keep your body game-ready and injury-free. Youâll discover how small doses of the right exercise allow you to continue enjoying your favorite sports for years. Total Sports Conditioning for Athletes 50+ includes beginner, intermediate and advanced exercises, over 200 Step-by-Step photos plus more than a dozen sport-specific workouts for:âBaseballâBasketballâCyclingâGolfâHockeyâRowingâRunningâSkiingâSoccerâSoftballâSwimmingâTennis

Book Information

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Customer Reviews

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Stretching for 50+|||9781569754450|13.95|Ulysses Press|02/2005|6,000 ||Weights for 50+|||9781569755112|14.95|Ulysses Press|12/2005|3,500 ||

Nice book for beginners. I was able to pick out about 5 exercises I could add to my work out. Not for those who have been lifting for a while.

Good, common sense and accepted knowledge for achieving fitness over 50. This book reminds me to go slow and careful...unlike my youth (which was a bit more erratic)!

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