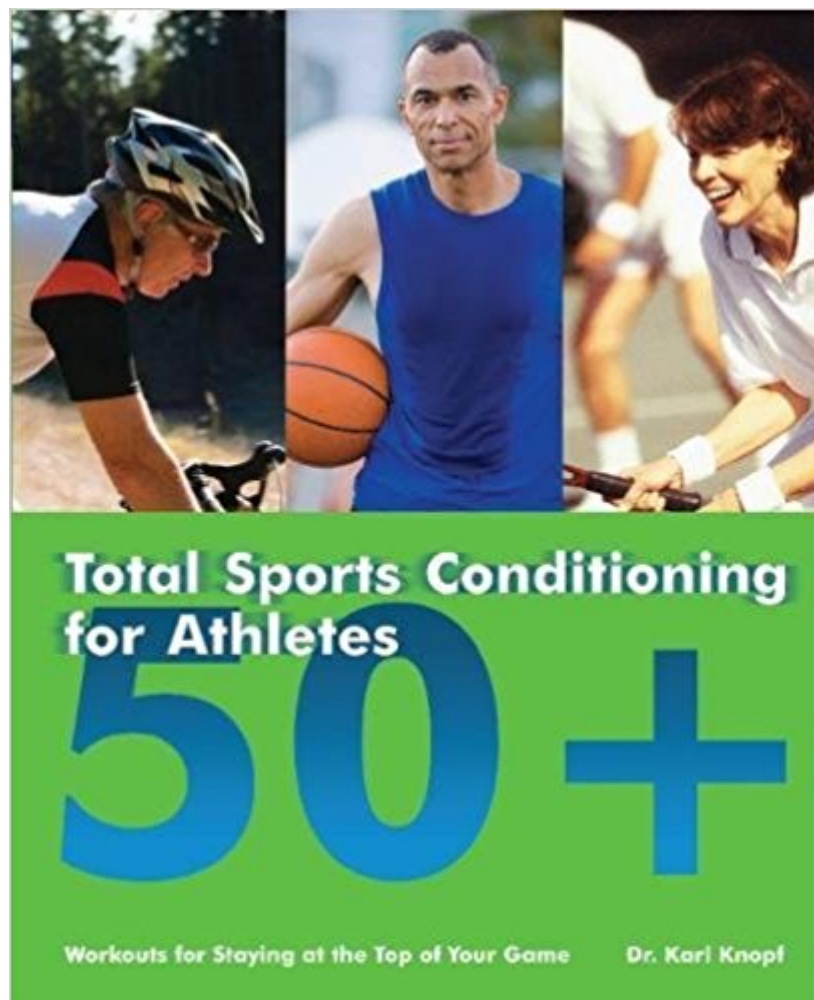




The book was found

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 AGE Don't give up your favorite sport. Don't lose to younger competitors. 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+, you'll see results where they matter most 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. You'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: Baseball Basketball Cycling Golf Hockey Rowing Running Skiing Soccer Softball Swimming 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

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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