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THE MOBILITY WORKOUT HANDBOOK: OVER 100 SEQUENCES FOR IMPROVED PERFORMANCE, REDUCED INJURY, AND INCREASED FLEXIBILITY



Hatherleigh Press,U.S., United States, 2016. Paperback. Book Condition: New. 227 x 152 mm. Language: English . Brand New Book. BETTER PERFORMANCE, BETTER RESULTS?WITH MOBILITY! Guided instructional videos, community, and expert support for this book available at and on Facebook at GetFitNowdotcom! From golf to tennis, swimming to running, cross training to strength training, everyday athletes everywhere can benefit from mobility training. Essential for promoting better performance and reducing risk of injury, mobility refers to how well your body moves through...

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- Authored by David Kirschen, William Smith, Michael Volkmar
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