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Parkour Strength Training: Overcome Obstacles for Fun and Fitness

Ryan Ford, Ben Musholt

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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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June Whitaker:

Playing with family in the park, coming to see the marine world or hanging out with pals is thing that usually you will have done when you have spare time, in that case why you don't try point that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Parkour Strength Training: Overcome Obstacles for Fun and Fitness, it is possible to enjoy both. It is good combination right, you still want to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't obtain it, oh come on its called reading friends.

Cynthia Briscoe:

In this age globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The actual book that recommended to you is Parkour Strength Training: Overcome Obstacles for Fun and Fitness this guide consist a lot of the information with the condition of this world now. This book was represented so why is the world has grown up. The dialect styles that writer require to explain it is easy to understand. The particular writer made some exploration when he makes this book. That's why this book appropriate all of you.

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