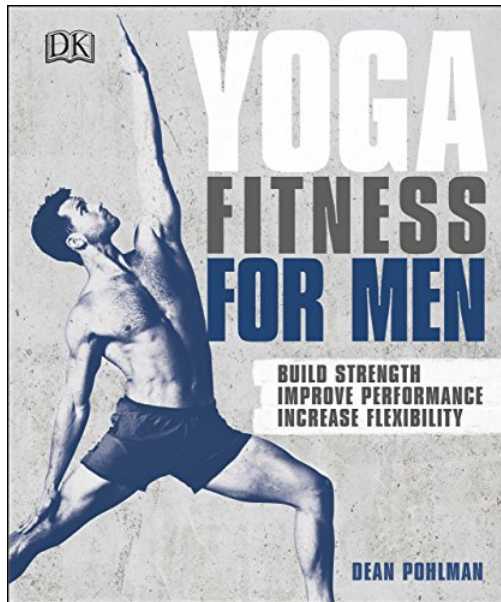


QTq1j [GET] Yoga Fitness for Men



CONTINUE ►

A no-nonsense introduction to yoga for men who want to build strength, improve performance, and increase flexibility. Maximize your athletic performance, reduce your post-workout aches, and help prevent injuries with yoga. With more than 25 yoga routines and over 50 key postures, you'll discover how yoga can make you stronger, fitter, and more flexible. Professional athletes are making yoga a regular part of their fitness routines, and GQ, HuffPost, and Men's Health have all advocated yoga for men. Flexibility is one of the most important yet overlooked elements of fitness, and stretching has been proven to help you improve your gains in the gym, prevent and relieve injuries, and help you beat your competition on the field. If your muscles are tight, they won't let your body move as it should. Yoga increases flexibility, building a bigger range of motion and allowing you to work more muscle fibers with every movement. With straightforward language and easy-to-follow steps, Yoga Fitness for Men will teach you how to execute the key yoga postures you need for greater endurance, flexibility, balance, and strength--no chanting required. It also includes yoga routines and programs tailored to help you meet specific performance and health goals, such as increased core strength and back pain relief. You'll find that incorporating yoga into your training will help you get stronger, play harder, and feel better. **DISCLAIMER:** "We cannot guarantee the availability of this ebook on an external site."

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