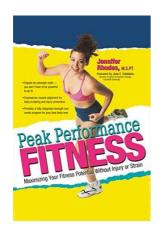
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PEAK PERFORMANCE FITNESS: MAXIMIZING YOUR FITNESS POTENTIAL WITHOUT INJURY OR STRAIN



Hunter House. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 9.2in. x 7.2in. x 0.4in.Strength isnt the only key to being a better athlete or preventing injuries - endurance and body alignment are equally important. This book demonstrates simple exercises to return to natural alignment; improve overall health; and prevent or heal aches, pains, and injuries. Jennifer Rhodes looks at the body as an integrated system and offers a step-by-step plan for developing cardiovascular capacity, strength, and flexibility. Including anecdotes...

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