



Beth Shaw s YogaFit

By Beth Shaw

Human Kinetics Publishers, United States, 2015. Paperback. Book Condition: New. 3rd. 254 x 178 mm. Language: English . Brand New Book. Whether you are searching for a new physical challenge or a way to incorporate yoga into your exercise routine, Beth Shaw s YogaFit will help you reach your physical potential. Expanded and updated, this highly acclaimed program combines challenging conditioning work with strength- and flexibility-building yoga to create a total-body workout. With YogaFit, you ll have not only increased overall health, energy, and vitality but also a stronger and leaner body, reduced stress, better posture, improved concentration, and a higher level of fitness. Written by Beth Shaw, an internationally renowned expert on fitness and yoga, this book presents more than 100 YogaFit poses organized into workout routines that you can use every day. The text includes information on using YogaFit as a training tool for sports and creating personalized routines to meet your own needs. Athletes will benefit from sport-specific routines designed specifically for baseball, basketball, boxing, cycling, golf, kickboxing, running, skiing, snowboarding, softball, swimming, tennis, volleyball, and weightlifting. The full-color photo sequences and step-by-step instruction make it more accessible than ever! Join the more than 250,000 trained YogaFit...



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**