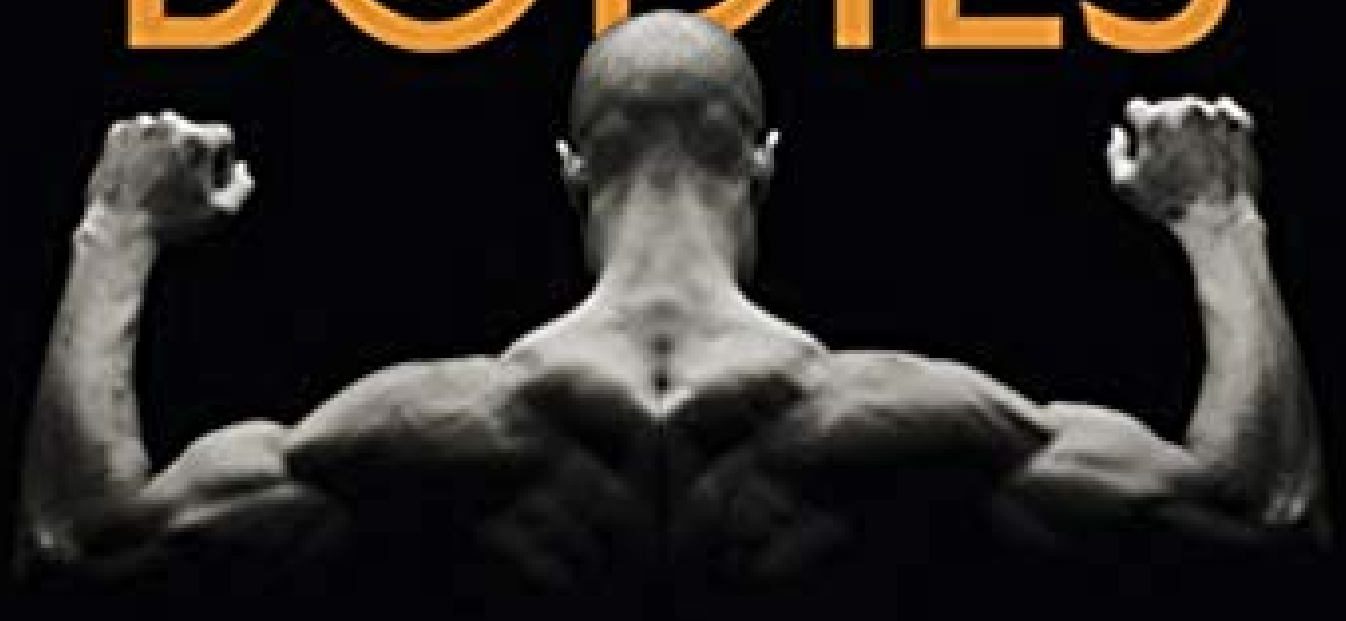


ROSS CLIFFORD & ASHLEY KALYM

BULLETPROOF BODIES



Body-weight Exercise for
Injury Prevention and Rehabilitation

Ross Clifford and

Bulletproof Bodies: Body-Weight Exercise for Injury and Resilience



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Whether you already are an extremely tuned athlete looking to stay at the top of your game, a return-to-fitness enthusiast with fresh aches and pains, or a moderately active individual keen to get over that recurring joint discomfort, Bulletproof Bodies offer a range of exercises to target particular body areas and also specific types of condition. Through engaging multiple parts of the body and stabilizing muscles, the exercises in Bulletproof Bodies provide a demanding, stimulating and accessible method of dealing with those niggling accidents. As an extra bonus, by using the suggested exercises additionally, you will gain strength and physical fitness. From tennis elbow to low back discomfort, Bulletproof Bodies aims to demonstrate how targeted body-weight workout may be used to tackle a range of injuries and improve joint range-of-motion, muscle power and endurance, and ligament and tendon health. On the way, this book will also show you 'need-to-know' elements of anatomy and pathology.



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