



Solo Training 3: 50 And Older (Volume 3)

Loren W. Christensen

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This book isn't about keeping up with 20-year-olds in the martial arts. It's about developing speed, power, flexibility, good health, and street savvy past the age of 50, and continuing to train and progress for many more years. Here's what's inside. Targets To End A Fight Quickly Hitting A Downed Attacker Mental Imagery: Attacking Innocent People Train Every Position To Be A Fighting Stance Speed Training Mental Training: Defining Words With Movement Smart Aerobic And Anaerobic Training The Importance Of Training Consistency Kata Training Build a Powerful Core Movement Specific Resistance Training Smart Use Of Repetitions Prevent Injury and Slow Aging With Easy Stretching Fuel Your Body Properly To Progress Understanding Aging: Don't Worry About What You Can't Do Know Your Body: Train For More Years Getting In Shape For Surgery And Training After A Dozen 20-Minute Solo Workouts & 20, 1-Minute Workouts



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The book Solo Training 3: 50 And Older (Volume 3) has a lot associated with on it. So when you check out this book you can get a lot of benefit. The book was compiled by the very famous author. Tom makes some research ahead of write this book. That book very easy to read you can get the point easily after perusing this book.

Elliot Weber:

On this era which is the greater man or woman or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you must do is just spending your time little but quite enough to have a look at some books. On the list of books in the top list in your reading list is actually Solo Training 3: 50 And Older (Volume 3). This book that is qualified as The Hungry Hills can get you closer in turning into precious person. By looking way up and review this reserve you can get many advantages.

Gabriel Harris:

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