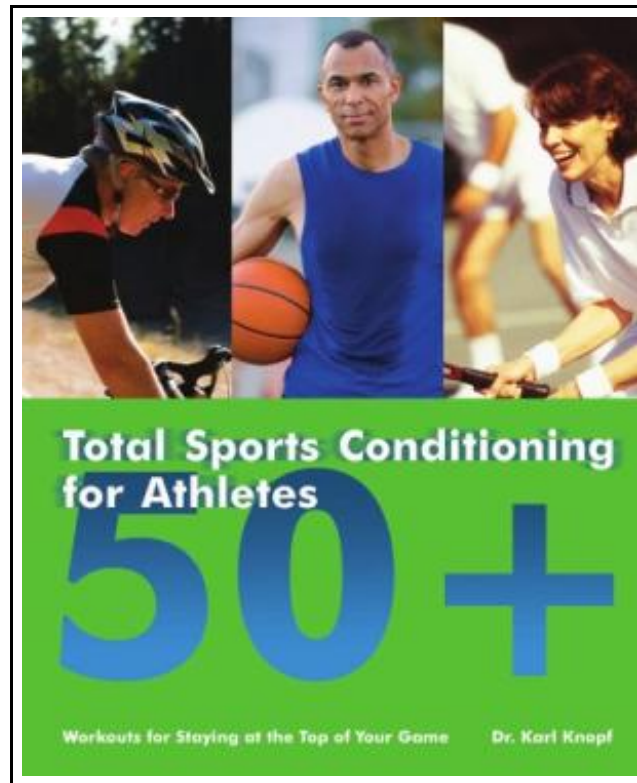


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(Lorenz Vandervort)


TOTAL SPORTS CONDITIONING FOR ATHLETES 50+: WORKOUTS FOR STAYING AT THE TOP OF YOUR GAME

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Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Total Sports Conditioning for Athletes 50+: Workouts for Staying at the Top of Your Game, Karl G. Knopf, This is the perfect book for aging baby boomers who want to keep playing their favourite sports for years to come. This book shows aging athletes how they can maintain as much athleticism as possible. The human body doesn't respond to and recover from training at 50 the way it does at 20, so this book offers specific programs that target the most important muscles and movements for each sport. Though younger weekend warriors often find that they can compete at a high level with little off-the-court conditioning, that simply isn't the case for athletes over 50. But getting older doesn't mean giving up one's favorite sport. Nor does it mean losing to younger competitors! "Total Sports Conditioning for Athletes 50+" provides sport-specific workouts that allow aging athletes to maintain the flexibility, strength, and speed needed to win. By following the targeted, step-by-step workouts in this book, older athletes can see how a small amount of the right exercise will keep them at the top of their game. Athletes like Jerry Rice and Roger Clemens have proven that proper conditioning can allow professionals to extend their careers to ages previously believed impossible. Similarly, non-professional athletes can use the combination of aerobic, plyometric and functional training workouts in this book to keep themselves free of injury and still enjoying the game past 50 - and beyond.

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