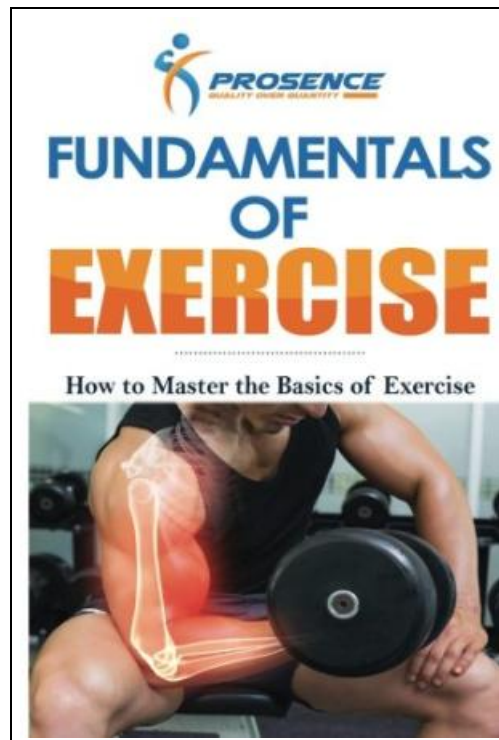


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Reviews

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(Prof. Isaiah Harber)

FUNDAMENTALS OF EXERCISE: HOW TO MASTER THE BASICS OF EXERCISE (PAPERBACK)



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On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Fundamentals of Exercise: How to Master the Basics of Exercise Prosenca is dedicated to guiding, motivating and providing the tools necessary to transform people into the best version of themselves. Our goal is to empower men and women across the globe to realize that physical and mental fitness are not a short-term solution, but a lifetime choice, and to actualize what they have come to understand into a daily routine. Prosenca has created a muscle building guide to help you better understand the fundamentals of exercise and why you may want to consider it as part of your training regiment. Do you wish to know more about these fundamentals? In this book, you will learn how to master the basics of exercise, particularly what exercise really is. We have also addressed the importance of executing exercises properly to minimize risk for injuries, how to warm up and cool down before and after each exercise session, respectively, and how to rest optimally for maximum development. If a building s ability to stand the test of time is contingent on its foundation, your ability to exercise optimally for best results hinges on your ability to master and properly execute the basics of exercise - its fundamentals. And more than just being able to make the most of your exercise sessions and minimizing risks for exercise-related injuries, we will also teach you how to perform more advanced exercise routines and programs by mastering the most important and basic exercise principles. That s why mastering the fundamentals of exercise is a must - and you ll be able to quickly master those based on the skills you learn in this book. Prosenca is dedicated...



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