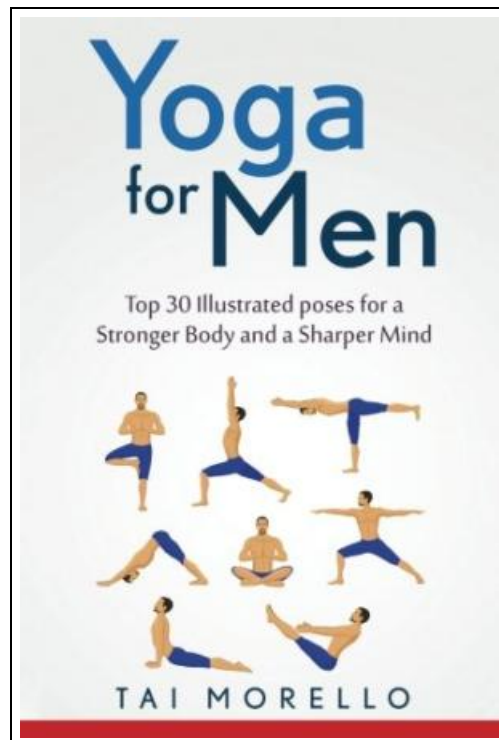


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(Spencer Fritsch)

YOGA FOR MEN: TOP 30 ILLUSTRATED POSES FOR A STRONGER BODY AND A SHARPER MIND (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Discover why LeBron James, Blake Griffin, Jay Cutler and Dirk Nowitzki all set aside time off their busy schedules to engage in the life-changing practice of Yoga. Granted, twenty first century Yoga is female. When you look around the classes, you ll see women massively outnumber men. But the truth is yoga isn t just for flexible ladies in tight clothes. Besides allow you to meet flexible women, Yoga can help you build a basis for weightlifting, cut belly fat, hone your mental focus and rid your system of toxins. Believe it or not, yoga was created by men and for men. Yoga poses are specifically designed to strengthen and open every muscle in the body. While machines at your gym target one muscle or muscle group with no improvement in mobility, every yoga sequence improves both strength and mobility for several muscles at once. In the downward dog pose for instance, which is covered in this book, the calves are being elongated while the shoulders are strengthened as they hold the body up. At the same time, the lower back is stretched, which relieves tension. Even the core is solicited by pulling the bellybutton to the spine. There probably isn t a single machine in your gym that can exercise that many muscles. With Yoga for Men, you will embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit. From the outside yoga can seem like an esoteric, mystical endeavor exclusively reserved to Tibetan monks and spiritual adepts. This could not be further from the truth. Yoga is not only accessible to anyone, it is easy to...



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