



Athletic Body in Balance

Gray Cook

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You work out and train hard. You know you can reach that next level of performance. But are you doing all that you can to get there? Adding absolute strength and power often creates muscle imbalances and mobility limitations that cause injuries and limit skill training. The *Athletic Body in Balance DVD* is the first of its kind to show how to identify and correct muscle imbalances, mobility restrictions, and stability problems.

Host Gray Cook is a physical therapist and sports conditioning expert who has proven the effectiveness of his approach through the performances of athletes in the NFL, NBA, NHL, WNBA, and Reebok® University's sports training system. Cook's methods detect where conditioning is breaking down and reveals how to get your body back on track. Included in the DVD are five assessment tests to help you find the imbalances in movement patterns, sample corrective exercises to improve mobility and stability, and ways to integrate these exercises into a regular training program. The tests include

-deep squat—assessing the mobility and stability of the hips, knees, and ankles

-hurdle steps—evaluating bilateral mobility and stability of the hips, knees, and ankles

-in-line lunge—determining hip mobility and stability, quadriceps flexibility, and ankle and knee stability on both sides of the body

-straight leg raise—gauging hamstring flexibility

-seated rotation—measuring uppertrunk stability during a combined upper- and lower-body movement

Move more efficiently and achieve real gains in performance with the *Athletic Body in Balance DVD*.

Human Kinetics DVDs are coded for universal playback and can be played in all regions of the world.

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George Falls:

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Robert Marshall:

The reason? Because this Athletic Body in Balance is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will zap you with the secret this inside. Reading this book alongside it was fantastic author who have write the book in such wonderful way makes the content inside of easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of positive aspects than the other book possess such as help improving your ability and your critical thinking technique. So , still want to hold up having that book? If I ended up you I will go to the book store hurriedly.

Jeffrey Channell:

What is your hobby? Have you heard that question when you got scholars? We believe that that query was given by teacher for their students. Many kinds of hobby, All people has different hobby. And you know that little person including reading or as studying become their hobby. You need to know that reading is very important and also book as to be the issue. Book is important thing to include you knowledge, except your personal teacher or lecturer. You find good news or update with regards to something by book. Numerous books that can you decide to try be your object. One of them are these claims Athletic Body in Balance.

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