



## Peak Performance Fitness: Maximizing Your Fitness Potential Without Injury or Strain

By Jennifer Rhodes

Hunter House. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 9.2in. x 7.2in. x 0.4in. Strength isn't the only key to being a better athlete or preventing injuries - endurance and body alignment are equally important. This book demonstrates simple exercises to return to natural alignment; improve overall health; and prevent or heal aches, pains, and injuries. Jennifer Rhodes looks at the body as an integrated system and offers a step-by-step plan for developing cardiovascular capacity, strength, and flexibility. Including anecdotes and stories, examples, and plenty of encouragement, she provides instructions for getting maximum benefit from every workout. An intelligent, balanced approach to exercise and fitness. - Michael J. Gelb, author of Body Learning This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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