



Essential Parkour Training: Basic Parkour Strength and Movement (Paperback)

By MR Sam Fury

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover Everything You Need to Learn Essential Parkour! FREE BONUSES FOR A LIMITED TIME ONLY: If you download this book TODAY, you will receive: Access to all the latest Survive Travel publications FREE! Bonus chapter the amazing Survival Fitness Plan Super Burpee - An extremely efficient exercise which acts as a warm-up, light stretch, and full body muscle conditioning workout all in one. Bonus chapter 15 minute whole body yoga routine to stretch and strengthen your body. Essential parkour movements are those which, with basic parkour training, would be relatively safe to use on a whim, i.e., if you were running away from someone in an unfamiliar area. There are no fancy freerunning movements in this parkour training book. It is pure parkour movement and parkour strength training! Essential Parkour Training Includes . everything you need to develop the ability to get from one point to another as efficiently as possible! Essential Parkour Training follows a philosophy of progressive training which is extremely important in parkour for breaking through fear as well as for safety. Each parkour lesson is presented using progressive parkour training steps. Written...



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