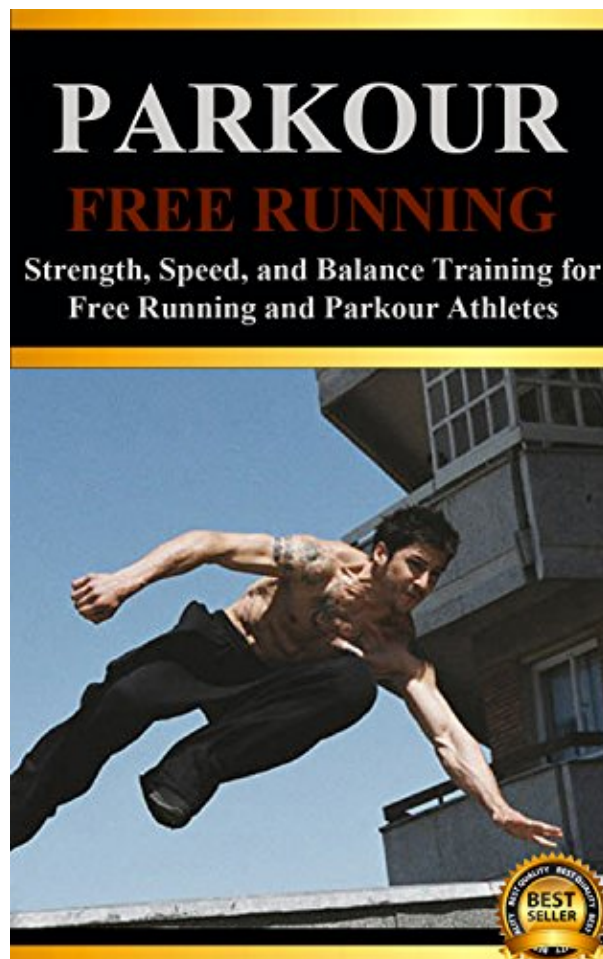


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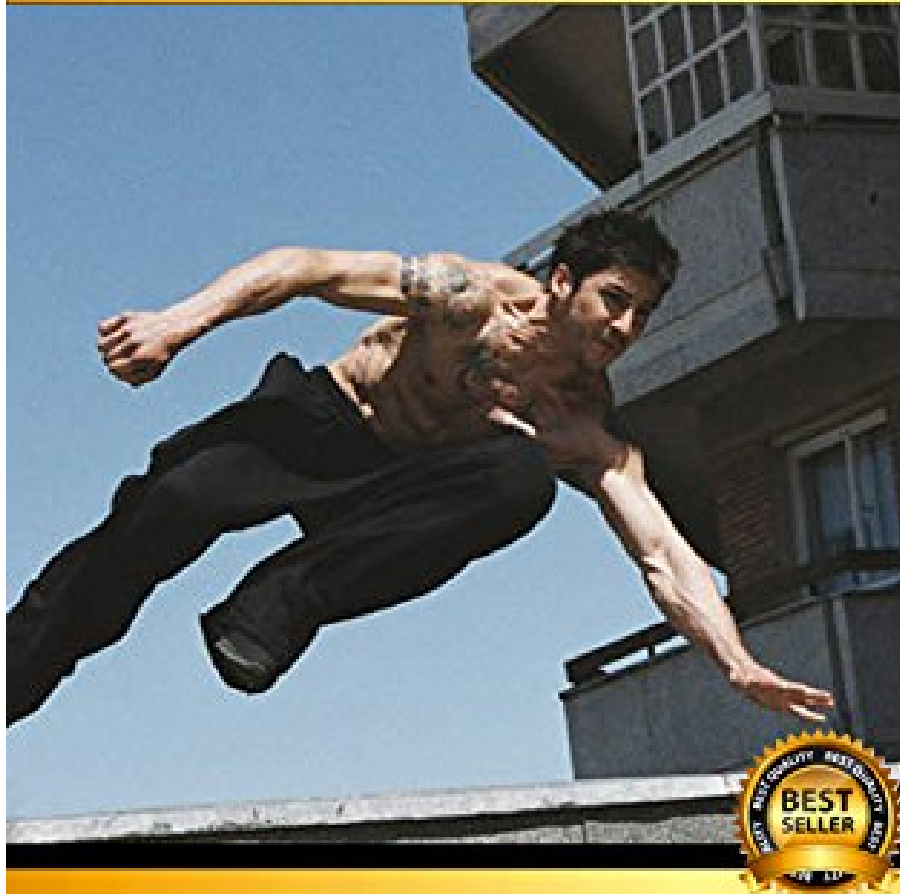
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The Most Effective and Complete Guide to Free Running and Parkour Training

Parkour or Free Running is one of the fastest growing sports in the world. Why? Because it requires an amazing combination of athletic skills and abilities in order to be proficient. Oh yeah, and it's also really cool! Jumping across rooftops and scaling the sides of buildings is not limited to the movie screen anymore – it's a real world phenomenon.

Free running requires athletes to possess many different abilities, and be able to apply them in together in harmony as they move through an environment. Amongst the most important of these qualities are: body control and special awareness, balance, strength, jumping ability, force absorption, dynamic strength, explosive speed, and cardiovascular efficiency. The combination of such abilities allows an athlete to move gracefully and powerfully, whilst at the same time minimizing impact injury. A lack of one quality is like having a weak link in a chain, and can prove to be a major hindrance in Parkour.

This book is designed to build and develop the all of the necessary athletic qualities to maximise free running potential. Each workout and training program focuses on a specific area, and afterwards we will look at how to combine everything together in order to create a fully comprehensive training plan.

You Will Learn:

- 1)Force Absorption Training
- 2)Increasing Power Output
- 3)Strength Training For Parkour Athletes
- 4)Improving Balance and Stabilisation
- 5)Dynamic and Gymnastic Strength Programs
- 6)Speed Training and Developing Athletic Quickness
- 7)Impact Protection
- 8)Much, Much More!

- Sales Rank: #212295 in eBooks
- Published on: 2014-10-19
- Released on: 2014-10-19
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Conditioning for parkour

By Macedonia384

This is a concise explanation of the training methods that will prep your body for the sport. It's on conditioning, not training in the sport directly. Good recommendations that I'll be applying.

0 of 0 people found the following review helpful.

Great overview to parkour training

By Hannah Perlman

I appreciate the explanations to each type of training method needed for parkour training. Another factor that would be wonderful to have are some example weekly/monthly workout plans to have a better idea of how to train during the week and in the long term.

0 of 2 people found the following review helpful.

Two Stars

By Oscar Delacruz

Not too helpful

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