Easy Strength Dan John

Trainerlegende Dan John gelingt es, die kompliziertesten Konzepte des Trainings und Sports leicht verständlich zu erklären. In 42 mitreißenden und durch viele persönliche Anekdoten angereicherten Artikeln bespricht er eine Vielfalt an Themen aus der Welt des Gewichthebens und Krafttrainings, der Leichtathletik, aber auch der Highland Games und Strongman-Events. Der Leser erfährt, worauf es beim Trainieren wirklich ankommt, wie er stärker und schneller werden kann und welche Voraussetzungen er erfüllen muss, um als Hochleistungsathlet bestehen zu können. Dan John verrät seine besten Trainingstipps, effektive Workouts für die Saisonvorbereitung, Varianten der klassischen 5-x-5-Methode, wie man Kettlebell und Langhantel in einer Trainingseinheit kombiniert, Möglichkeiten für das Cardiotraining unter freiem Himmel und vieles mehr. Dan John ist dafür bekannt, dass er ein Training ohne Schnickschnack, aber unter Berücksichtigung grundlegender Trainingsprinzipien befürwortet. Er ist auch deswegen so beliebt, weil er es versteht, diese Basics auf unterhaltsame Art in einfache Handlungsanweisungen zu überführen.

Allenarsi per dare la massima performance con il minor rischio di infortuni, sul campo, in pista, sul tatami o in sala pesi. Per questo nasce il nuovo libro di Michael Boyle Allenamento funzionale applicato allo sport, Seconda Edizione. Michael Boyle, uno dei migliori allenatori di performance sportive al mondo, presenta i concetti, i metodi, gli esercizi e i programmi che massimizzano i movimenti degli atleti in competizione. Una serie di valutazioni funzionali aiuta a determinare la progettazione di un piano specifico per ciascun atleta. Le progressioni auto-rinforzanti negli esercizi per la parte inferiore del corpo, il core, la parte superiore del corpo e infine tutto il corpo danno agli atleti l'equilibrio, la propriocezione, stabilità, forza e potenza di cui hanno bisogno per eccellere nei loro sport. I programmi di esempio aiutano nel processo di personalizzazione e assicurano ogni aspetto della preparazione per le prestazioni fisiche. Boyle attinge anche alle ultime ricerche e alla sua vasta esperienza per offrire consigli di programmazione e consigli su esercizi sui rulli, stretching e riscaldamento dinamico. Allenamento funzionale applicato allo sport, Seconda Edizione va oltre le descrizioni e le spiegazioni degli esercizi tradizionali, incorporando foto a colori ad alta definizione di movimenti fondamentali e l'accesso online a dimostrazioni video, commenti e analisi di esercizi chiave. Allenamento funzionale applicato allo sport, Seconda Edizione è una versione raffinata ed estesa del lavoro originale di Boyle pubblicato più di un decennio fa. Questa edizione offre le competenze di allenamento funzionale più attuali da applicare agli scopi specifici del tuo sport.

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Habitual Strength is Tim Anderson's latest book. It is written for people who want to improve their health and live their lives better. Habitual Strength takes the reader through simple changes they can make in order to create good, daily habits of movement. It includes daily movement routines designed to return the body's God-given strength. There are even some grocery shopping tips aimed at building healthy habits of choice. After all, strength is habitual.

Simplified Chinese edition of 12 Rules for Life: An Antidote to Chaos

Nearly all diet and workout books are focused on the wrong things: They focus on WHAT instead of HOW. Yet the leanest people focus on how, on their eating habits, not on fad diets. Diets that rely on willpower and discipline fail. The path to results is made up of eleven small, simple, step-by-step habits. Rotating through phases of metabolic workouts, endurance workouts, and strength workouts yields the best fat-loss results. Josh Hillis and Dan John know these habit-based diet and workout hacks, and they teach them well.

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The ideal gift for the fitness fanatic or sports mad person in your life. The Little Black Book of Training Wisdom is a step by step guide to achieving your potential in any sport. This Christmas Special Edition is the same book, but the athlete on the front is wearing a Santa hat. Are you making the most of your training? In "The Little Black Book of Training Wisdom," Dr Dan Cleather challenges us to expect more from our training and demonstrates that dominant athletic prowess is built by working smarter not harder. He outlines the most common mistakes that people make in training and offers practical advice on how they can be avoided. "Dan cuts through the intellectual rubbish bin that has dominated our field for the last few decades and gives us clarity and insight." - Dan John, author of "Easy Strength" and "Never Let Go."
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Simplified Chinese edition of Go Away, Big Green Monster!
How To Look Like Tarzan, Play Like Tarzan-And Win Like TarzanHeadline: What It Takes to Stack the Strength-Deck in Your Favor If football were played in the weight room or on the track, I could guarantee that each year, the team that won the championship would NOT be the team that won on the field of play. And that is absolutely true in every sport and every game. It's a rare track meet that you don't hear someone rhapsodize about training numbers and then see him or her lose badly. In football, we have a phrase for this: 'Looks like Tarzan, plays like Jane.' Pavel and my goal in writing this book is to clarify the role and impact of strength training in fitness, sports, and life. We are committed to clarity, even though at times, it's impossible to navigate the sea of conflicting information regarding the lifting sports. Pavel's experience and research provides grounding and a confidence to Do this! as we often joke.What can you expect from reading this book?.You will learn some history. You will discover that almost everything discussed in the fitness industry has been done before-and often better..You will reexamine the role of strength training as it applies to sport. Doing so may serve as the greatest timesaver in history!.You will find that, like a medical doctor, a strength coach must be committed above all to Do no harm-a pledge that's often disregarded..You will be exposed to the concept of systematic education and the need to build an athlete (or anyone!) using some kind of intelligent approach..You will be exposed to another educational system-along with a way to harness its powers-that will give you clarity into all the various fitness, health, and nutritional information being tossed at you daily..You will discover the tools for teaching an entire team to improve in a sport-and why these great tools may be of no value to you in your training!.You will be exposed to what the best in sports do in the weigh
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