

From An Action Athlete's Perspective

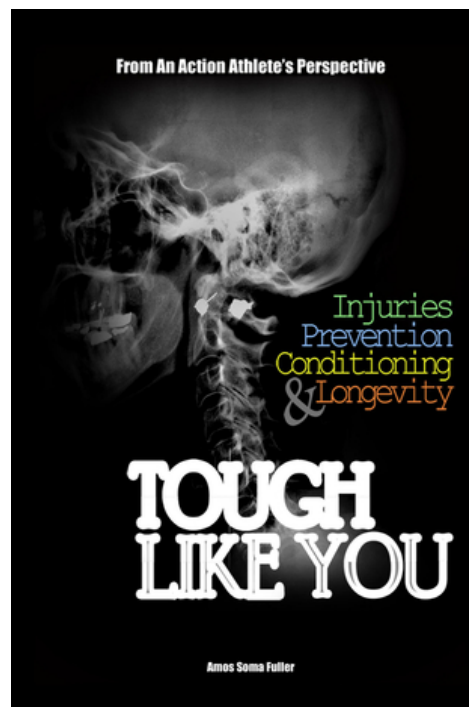


Injuries
Prevention
Conditioning
& Longevity

TOUGH LIKE YOU

Amos Sama Fuller

* Tough Like You: Injuries, Prevention, Conditioning & Longevity? From An Action Athlete's Perspective *



Books Details

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Books Descriptions

The world's first health and wellness book from an action athlete's perspective, this guide provides compelling personal accounts of injury, health, training, and healing by action sports athletes in various disciplines that can be applied to any active person's lifestyle. In-depth information from health professionals explore why and how action sports athletes live the way they do and how proper approaches to nutrition, lifestyle, and treatment can benefit anyone. Self-care is outlined in a fashion that ensures better all-around health, performance, and conditioning for those who lead active lives.

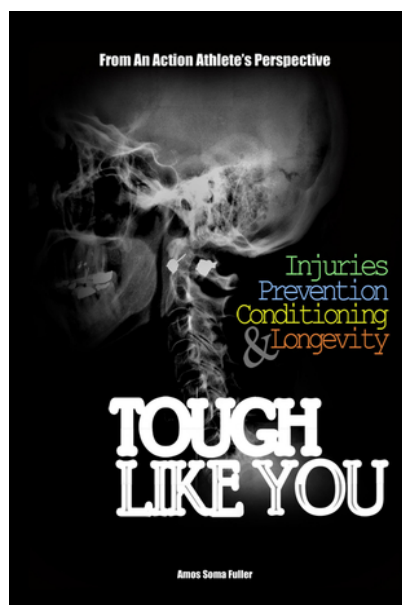
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