



Cross-Training For Dummies (Paperback)

By Tony Ryan, Martica K. Heaner

John Wiley Sons Inc, United States, 2000. Paperback. Condition: New. Language: English . Brand New Book. Anyone can get into a fitness rut. You could be exercising regularly but feeling unmotivated about your current routine. Or you could be enjoying your workouts but not getting the results you really want. You can even be on health club hiatus and looking for a way to get back into exercise-mode. Whatever your situation, cross-training is a practical solution. Cross-training is a well-rounded way of approaching exercise. It allows you to vary your workouts so you can inject a little excitement into your fitness routine, while you receive better results out of your exercise plan. If you have a real thirst for fitness knowledge then Cross-Training For Dummies is for you. Whether you just want to use cross-training as a way to spice up a dull workout routine or you re looking to develop specific skills that will enhance your performance in a specific activity or sport, this book can get you on track. Cross-Training For Dummies will keep you motivated, interested, strong, and injury-free as you strive to improve your level of fitness. From savvy tips that ll turbo charge your...



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