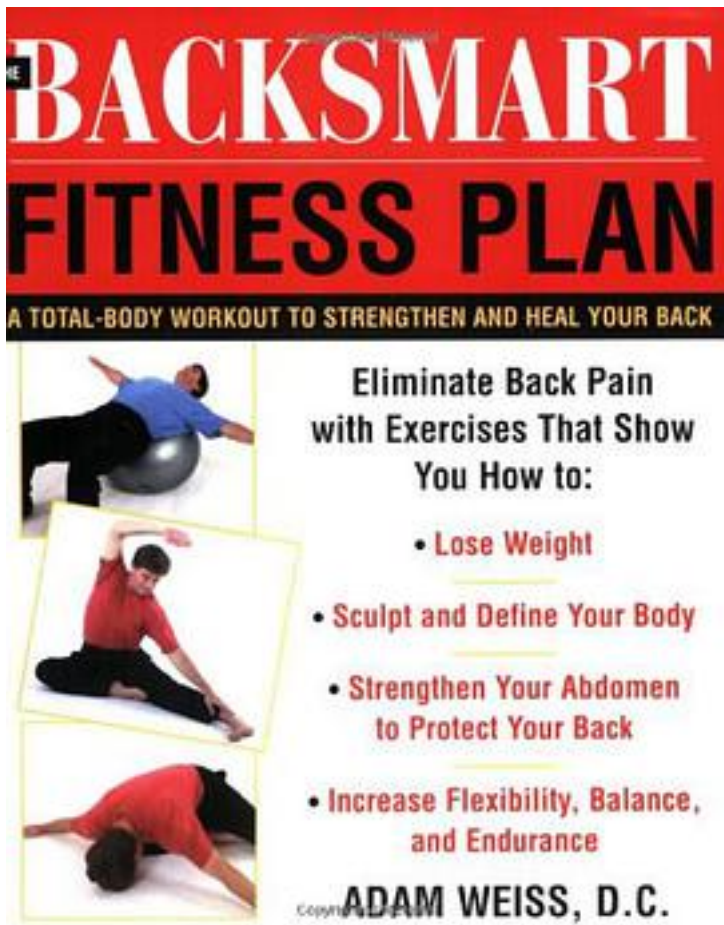


# The BackSmart Fitness Plan



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'Back pain was a constant presence until I learned Dr. Weiss' principles. This simple guide will keep you feeling great in the gym or in the office, so you never have to be less than your best' - Martin Boonzaayer, two-time Olympian and seven-time National Judo

Champion. 'We are now using the "BackSmart Fitness Plan" with all our patients at each stage of their rehabilitation' - Jose A. Hernandez, D.C., Director, Pacific Spine and Rehab Center. "The BackSmart Fitness Plan" presents a revolutionary full-body program designed to strengthen the back and prevent injuries. Dr. Adam Weiss, a chiropractic physician, developed the successful BackSmart Method to overcome his own back injury without the use of medications. In this step-by-step program, he provides an organized routine of exercises to improve physical strength, flexibility, balance, muscular endurance, and appearance - all without causing stress or injury to the joints and ligaments. You'll learn how to heal, strengthen, and protect your back while achieving peak condition and losing unwanted weight. "The BackSmart Fitness Plan" includes: hundreds of exercises emphasizing proper form and balance; guidance on the proper use of free weights and machines; modified pilates exercises and Swiss ball movements; stretching exercises to increase flexibility; and, healthy diet tips. With "The BackSmart Fitness Plan" you can reap the many benefits of exercise and work your way to a healthier, stronger, and pain-free body.

作者介绍:

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