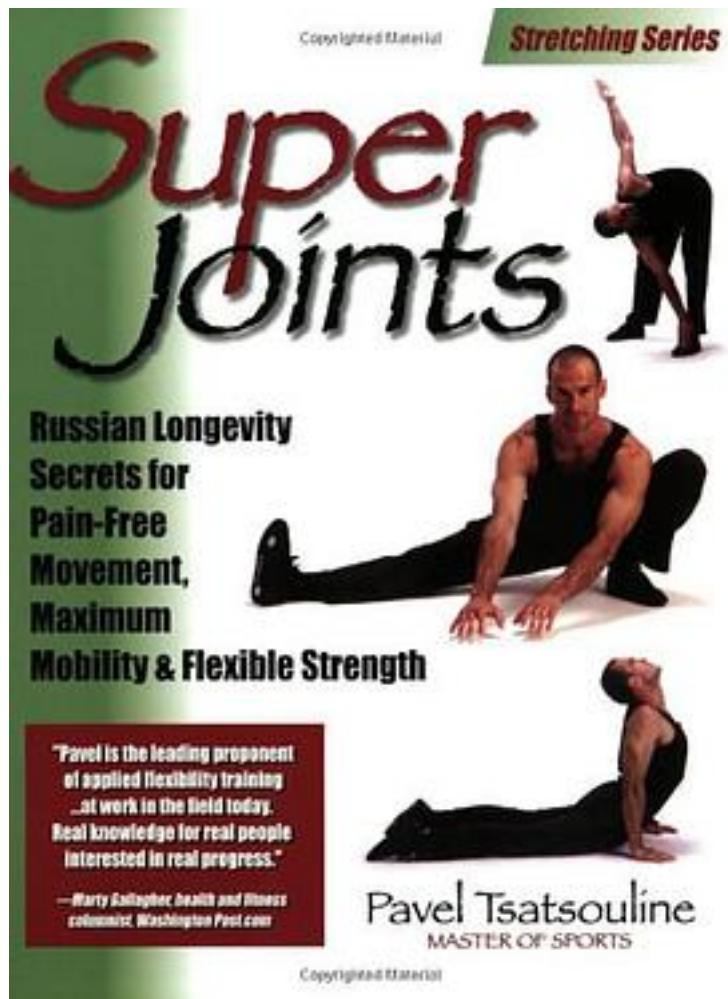


# Super Joints



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著者:Tsatsouline, Pavel

出版者:Midpoint Trade Books Inc

出版时间:2010-1

装帧:Pap

isbn:9780938045366

You have a choice in life. You can sputter and stumble and creak your way along in a process of painful, slow decline -- or you can take charge of your health and become a

human dynamo. And there is no better way to insure a long, pain-free life than performing the right daily combination of joint mobility and strength-flexibility exercises. In this book, Russian fitness expert Pavel Tsatsouline shows you exactly how to quickly achieve and maintain peak joint health -- and then use it to improve every aspect of your physical performance. Only the foolish would deliberately ignore the life-saving and life-enhancing advice Pavel offers here. Why would anyone willingly subject themselves to a life of increasing pain, degeneration and decrepitude? But for an athlete, a dancer, a martial artist or any serious performer, this book could spell the difference between greatness and mediocrity.

作者介绍:

目录:

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标签

主动拉伸

成长

评论

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