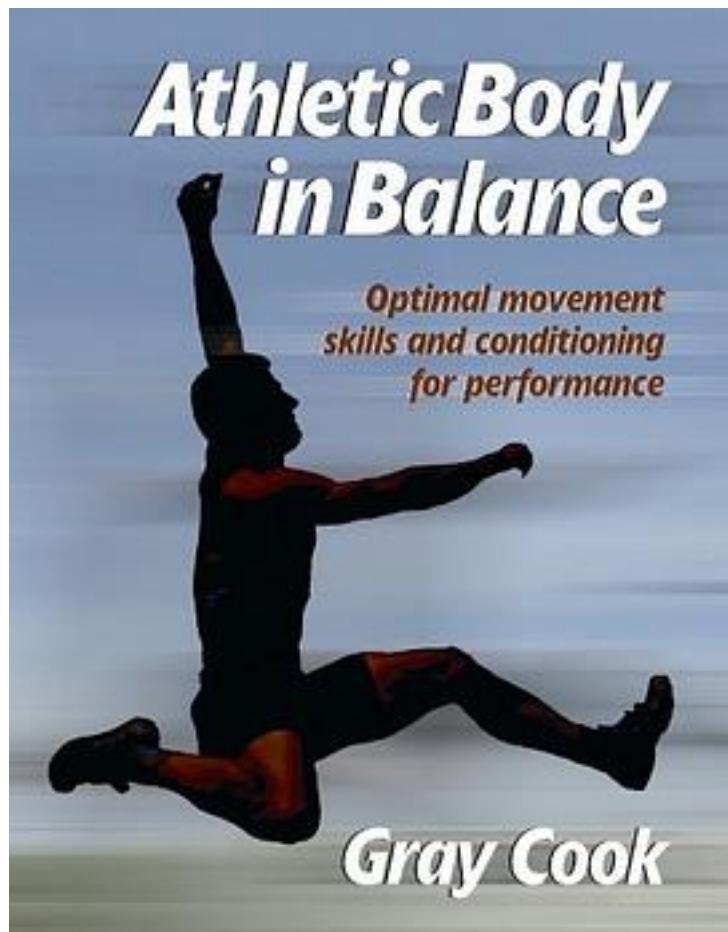


Athletic Body in Balance



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著者:Cook, Gray

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Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. "Athletic Body in Balance" is the first

guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. Physical therapist and sports conditioning expert Gray Cook has proven the effectiveness of his approach through the performances of athletes in the NFL, NBA, NHL, WNBA, and Reebok[registered University's sports training system. Cook's methods will help you identify functional weaknesses; correct imbalances; explore your potential; and refine sport-specific movement skills such as jumping, kicking, cutting, and turning. You will see where conditioning is breaking down and how to get your body back on track. Whereas other books concentrate on maximizing your strengths, "Athletic Body in Balance" focuses on exposing and overcoming your weaknesses to form a foundation for long-term training gains. Learn how to maintain what you gain and build on your improvements. Make this comprehensive assessment tool your training guide. Prepare and repair your body for ultimate athletic performance with "Athletic Body in Balance".

作者介绍:

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标签

运动

健身

英文原版

评论

Cook

把训练分为灵活性/稳定性，力量/耐力，爆发力/速度/敏捷三个循序渐进的阶段，他的训练方法更侧重于基础动作模式及身体平衡。有趣的是 Cook 很推崇跳绳，因为一旦动作模式有问题，绳子就会拌脚上，这样自己就能意识到并纠正错误的动作。

Gray Cook的第一本书，对专业教练有帮助，扫一下

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书评

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