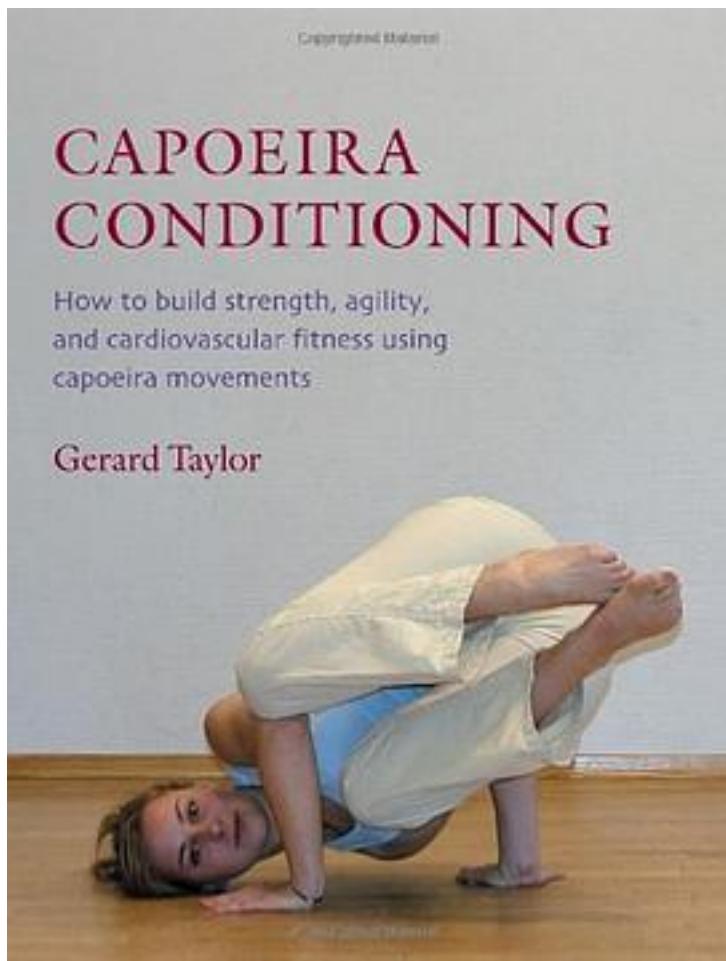


# Capoeira Conditioning



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The popularity of capoeira continues to rise as more people discover how useful—and fun—it can be for increasing agility and flexibility, as well as strength and endurance. Capoeira Conditioning is an illustrated guide to whole-body training based on this

increasingly popular Brazilian martial art. Designed for all ages and all levels of experience, the book is a step-by-step training manual with photographs that guide users through every movement and sequence. Accompanying text gives special pointers and describes the fitness benefits of each individual technique. Capoeira Conditioning offers no-frills advice about nutrition, regularity of training, capoeira in relation to other sports, and capoeira conditioning for children, along with a simple Q&A section.

作者介绍:

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