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Sling Training: Full Body Suspension Workout

By Anders Berget, Lennart Krohn-Hansen

Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Sling Training: Full Body Suspension Workout, Anders Berget, Lennart Krohn-Hansen, Discover one of the latest fitness trends. "Sling Training - Full Body Suspension Workout" finally makes an easy and portable resource available to all kinds of athletes. This book will show you how to stay in shape. Sling Training is the ultimate guide to bodyweight suspension training. This is functional fitness at its best: Agility, strength, and balance. Every exercise connects to your core muscles. 100 exercises range from easy to extreme. Individual chapters take you from targeting simple muscles to full-body movements including warm-up, lower body, upper body, core & back, super heavy exercises and stretching. Sling Training features 20 sport-specific programs by world-class athletes, coaches, and physical therapists. Whether you do golf, soccer, or snowboarding, you will improve your game by adding suspension training to your workouts. Sling Training is popular for home, outdoor, and sports center training. The equipment is portable and easy-to-use with the right instructions: This book shows you how to use the equipment, what kind of exercises can be done with it and how to exercise correctly and prevent injuries.



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