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Autore	Smith William
Titolo	The Mobility Workout Handbook : Over 100 Sequences for Improved Performance, Reduced Injury, and Increased Flexibility
Pubbl/distr/stampa	Long Island City : , : Hatherleigh Press, , 2016 ©2016
ISBN	9781578266203 1578266203
Descrizione fisica	1 online resource (75 pages)
Altri autori (Persone)	KirschenDavid VolkmarMichael
Disciplina	613.7/1 613.71
Soggetti	Physical fitness Exercise
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Title Page -- Copyright -- Contents -- Dedication -- Mobility and the Everyday Athlete -- Analyze Your Workout Needs -- Rules of the Road: General Terms and Guidelines -- Lifting Principles -- Movements: Pull, Push, Deadlift, Squat, Rotate -- Core Strength Movements -- The Exercises -- Body Weight and Minimal Gear Exercises -- Dumbbell and Kettlebell Exercises -- Gym Exercises (Barbells and Machines) -- Mobility Workouts -- Everyday Athlete -- Basic Fitness -- Strength Training -- Cross Training -- Runners -- Cycling -- Swimming -- Tennis -- Golf -- Skiing -- Competitive Sports -- Triathletes -- Baseball/Softball -- Football -- Basketball
Sommario/riassunto	The 'Mobility Workout Handbook' by William Smith, David Kirschen, and Michael Volkmar is a comprehensive guide aimed at 'everyday athletes'—individuals balancing busy lives with fitness goals. The book emphasizes the importance of mobility in daily life and athletic performance, offering various exercises to improve flexibility, strength, and endurance. It includes specific workout plans for multiple sports and activities, addressing common issues like back pain, and providing strategies for maintaining mobility as one ages. The book is targeted at

a broad audience, from weekend athletes to busy parents, aiming to help them achieve their fitness goals efficiently and safely.

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