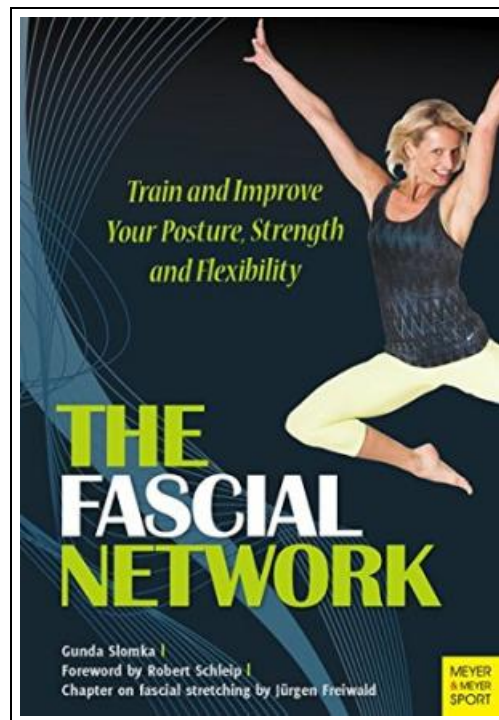


Fascial Network: Train and Improve Your Posture and Flexibility (Paperback)



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Reviews

It is one of my personal favorite books. This is certainly for anyone who states there has not been a worthwhile study. I found out this ebook from my friend and dad advised this pdf to learn.

(Delphine Lebsack)

FASCIAL NETWORK: TRAIN AND IMPROVE YOUR POSTURE AND FLEXIBILITY (PAPERBACK)

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Meyer Meyer Sport (UK) Ltd, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. What is the Fascial Network? How does fascia-specific training affect the quality of the body's network of connective tissue? The Fascial Network, a new resource for exercise trainers and instructors, closes the knowledge gap in exercise science regarding fascia-a long-neglected structure that deserves far more attention than it has received, until now. The fascial network is a web of connective tissue that surrounds the body's muscles and organs. It gives the body integrity, providing the tensional network in which our muscles work. Fascia-specific training makes the body more resilient, more flexible, and more energetic. This new approach of looking at our own anatomy provides a primarily scientific explanation for the physiological processes that make up the energy-related holistic thinking of Eastern concepts such as acupuncture, Yoga, Tai Chi, and Qi Gong. Thus, two doctrines that could not be more different in their approach find common ground and offer mutual ways of explanation. The Fascial Network explains the function of the body's connective tissue by offering insight into its formation, physiology, and anatomy. This resource includes exercises for fitness as well as for recreational and competitive sports. With fully illustrated examples for practical implementation, it also serves as a training aid for instructors and physical therapists. Develop a healthier, stronger you with The Fascial Network.

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