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## Hit Reset: Revolutionary Yoga for Athletes (Paperback)

By Erin Taylor

VELOPRESS, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. HIT RESET offers athletes new ways to find more speed, power, and endurance. Yoga coach Erin Taylor s HIT RESET program uses yoga to solve the specific problems you face as an athlete. Her revolutionary approach to yoga can improve functional strength, flexibility, muscle recruitment, breathing and focus, core strength, and durability. HIT RESET starts by defining 10 problems that hold athletes back and the yoga solutions that can fix them. Each chapter shows you how your body should work, how to self-diagnose flaws in your movement and functional strength, and how to apply just a few specific yoga poses so you can hit reset and get back to athletic form. The yoga solutions in HIT RESET take just a few minutes before or after your workout, and you won t need a mat or studio classes. Armed with these key, highly effective yoga fixes, you ll begin a radical redefinition of balance that can make you a healthier, stronger, and faster athlete.HIT RESET can help you solve: Imbalances that lead to injury by redefining balance from head to toeFeeling easily winded with deep breathing exercisesFeeling...



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