



Solo Training 3: 50 And Older (Volume 3)

Loren W. Christensen

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This book isn't about keeping up with 20-year-olds in the martial arts. It's about developing speed, power, flexibility, good health, and street savvy past the age of 50, and continuing to train and progress for many more years. Here's what's inside. Targets To End A Fight Quickly Hitting A Downed Attacker Mental Imagery: Attacking Innocent People Train Every Position To Be A Fighting Stance Speed Training Mental Training: Defining Words With Movement Smart Aerobic And Anaerobic Training The Importance Of Training Consistency Kata Training Build a Powerful Core Movement Specific Resistance Training Smart Use Of Repetitions Prevent Injury and Slow Aging With Easy Stretching Fuel Your Body Properly To Progress Understanding Aging: Don't Worry About What You Can't Do Know Your Body: Train For More Years Getting In Shape For Surgery And Training After A Dozen 20-Minute Solo Workouts & 20, 1-Minute Workouts

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