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at the right time and in the right sequence can enable athletes to achieve their full physical potential. This book is full of color photographs and images to illustrate the techniques and theories involved, Stability, Sport, and Performance Movement introduces functional stability principles as they apply to sporting

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Provides a comprehensive source of the latest evidence based approaches to the assessment, management, rehabilitation and prevention of injuries related to sport and exercise. G Kolt, University Western

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A sense of fatigue dogs the fitness world. Many of the new programs that are tagged as groundbreaking are actually recycled ideas. Foundation offers something completely different for novices and athletes alike: a simple program with

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