

Breaking Parallel: A Guide to CrossFit Gymnastics and Body Movement, 2015, 320 pages, Jeff R. Tucker, 1936608804, 9781936608805, Victory Belt Publishing, 2015

Breaking Parallel is a detailed body movement and strength-training guide designed to challenge your limits and develop solid, functional strength. Created by Jeff Tucker (director for the CrossFit Gymnastics Trainer Course), the book offers hundreds of bodyweight movements rooted in elemental gymnastics, as well as numerous fitness programs that have proven successful for CrossFit athletes worldwide. Most fitness books focus on achieving one specific goal, such as lifting heavy weights or running long distances. Breaking Parallel is designed to develop the type of strength that allows you to do a broad assortment of tasks for a prolonged period of time—the type of strength needed in everyday life. Breaking Parallel is more than a book filled with a series of movements. It teaches you the elements of basic gymnastics, allowing you to breakdown inefficient movement from a visual perspective. However, in addition to supplying you with the 'gymnastics eye,' Breaking Parallel also teaches you how to fix a broad assortment of problems, including those that arise from strength issues, mobility issues, coordination issues, and issues caused by a lack of spatial awareness. Whether you are a coach, an athlete, or someone simply wanting to get into better shape, Breaking Parallel will not only teach you how to execute an array of highly functional movements, but also how to perfect them. The book includes:

- il - Conditioning drills for developing basic strength.
- il - Mobility exercises needed for sports and daily life.
- il - Handstand exercises that develop balance and upper body strength.
- il - Ring drills that allow you to develop stability control.
- il - Hollow form techniques for developing solid core strength.
- il - Parallette exercises for lower body development, core strength, and arm strength.
- il - Inverted forms for developing

keen spatial awareness.

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Fitness Training , Barry Davies, 2001, Sports & Recreation, 238 pages. Part of a new series which presents a range of SAS skills for a civilian readership, The SAS Active Library: Fitness is a compact but detailed manual for improving your fitness.

Essentials of Weightlifting and Strength Training. 3rd Ed, Part 3 Performance Analysis and the Science of Weightlifting, Mohamed F. El-Hewie, Dec 1, 2010, Sports & Recreation, 174 pages. The changes made in this third edition were a result of the recent development in the printing and publishing industry. The Print-On-Demand option made it easy for authors to.

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Becoming a Supple Leopard The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance, Kelly Starrett, Glen Cordoza, Apr 23, 2013, Health & Fitness, 400 pages. LEARN HOW TO HACK HUMAN MOVEMENT Join the movement that has reached millions of

athletes and coaches; learn how to perform basic maintenance on your body, unlock your human.

Inputs of phosphorus from precipitation to Lake Michigan , T. J. Murphy, P. V. Doskey, United States. Environmental Protection Agency. Office of Research and Development, DePaul University, 1975, Eutrophication, 27 pages. .

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UFC Encyclopedia , Thomas Gerbasi, 2011, Sports & Recreation, 399 pages. Completely illustrated, this encyclopedia of the Ultimate Fighting Championship, one of the fastest growing sports organizations in history, provides a comprehensive look at.

Functional Cross Training The Revolutionary, Routine-busting Approach to Total Body Fitness, Brett Stewart, Jason Warner, Mar 11, 2014, Health & Fitness, 192 pages. Presents step-by-step cross training workouts that combine plyometrics, circuit training, weight lifting, and bodyweight exercises that increase power and endurance, build.

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Fire Your Gym! Simplified High-Intensity Workouts You Can Do At Home A 9-Week Program--Fewer Injuries, Better Results, Andy Petranek, Roy Wallack, Jul 30, 2013, Health & Fitness, 192 pages. Challenging High-Intensity Workouts That Make You Incredibly Strong and Fast Had it with the relentless pace, fatigue and sore muscles of Body Beast and P90X? Tired of driving.

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Fundamental readings in modern management functions and systems, Samuel C. Certo, Daniel C. Brenenstuhl, Kenneth E. Newgren, 1983, Business & Economics, 333 pages
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[Jeff R. Tucker Victory Belt Publishing, 2015](#)

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