



The YogaFit Athlete: Up Your Game with Sport-Specific Poses to Build Strength, Flexibility, and Balance

Beth Shaw

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Bring the strength and breathing power of yoga to the sports you love—and seriously up your game!

Yoga routines designed specifically for swimming, running, cycling, golf, tennis, baseball, football, volleyball, basketball, skiing, snowboarding, weight lifting, kickboxing, boxing, CrossFit, and more!

“Your body can either help you achieve your goals or get in the way of you living your best life. By practicing yoga and meditation, you can make your body work with you, not against you.”—Beth Shaw

Whether you're a professional athlete, a weekend warrior, or a pick-up game enthusiast, yoga can dramatically affect your athletic performance and improve your alignment, balance, core stability, strength, flexibility, agility, endurance, lung capacity, and mobility. In this motivating and practical guide, celebrated fitness expert Beth Shaw provides short, sport-specific yoga routines designed to help counter tight muscles, overuse injuries, and musculature imbalances. By adding a quick yoga routine to any workout, you will increase your *overall* strength and health, and achieve your personal best.

Inside you'll find

- fully illustrated, sport-specific yoga routines that engage the core, enhance your play, and reduce the risk of injury
- essential warm-up and cool-down movements to complement *any* athletic endeavor
- simple breathing exercises to steady your breath and calm your nerves during competition
- meditation techniques to help clear your mind and bring laser focus to your goals
- guided imagery and visualization exercises to improve performance
- strategies for coaching yourself and others

From the Trade Paperback edition.

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From reader reviews:

Delbert Lambert:

Why don't make it to be your habit? Right now, try to ready your time to do the important act, like looking for your favorite publication and reading a guide. Beside you can solve your condition; you can add your knowledge by the book entitled The YogaFit Athlete: Up Your Game with Sport-Specific Poses to Build Strength, Flexibility, and Balance. Try to make book The YogaFit Athlete: Up Your Game with Sport-Specific Poses to Build Strength, Flexibility, and Balance as your pal. It means that it can for being your friend when you truly feel alone and beside those of course make you smarter than before. Yeah, it is very fortunated for yourself. The book makes you much more confidence because you can know every thing by the book. So , we need to make new experience in addition to knowledge with this book.

Louis Gayman:

Typically the book The YogaFit Athlete: Up Your Game with Sport-Specific Poses to Build Strength, Flexibility, and Balance will bring that you the new experience of reading any book. The author style to explain the idea is very unique. When you try to find new book to learn, this book very suitable to you. The book The YogaFit Athlete: Up Your Game with Sport-Specific Poses to Build Strength, Flexibility, and Balance is much recommended to you you just read. You can also get the e-book from the official web site, so you can easier to read the book.

Juana Rummel:

Playing with family inside a park, coming to see the coastal world or hanging out with friends is thing that usually you will have done when you have spare time, after that why you don't try thing that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love The YogaFit Athlete: Up Your Game with Sport-Specific Poses to Build Strength, Flexibility, and Balance, you may enjoy both. It is good combination right, you still desire to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its identified as reading friends.

Brooke Lambeth:

The book untitled The YogaFit Athlete: Up Your Game with Sport-Specific Poses to Build Strength, Flexibility, and Balance contain a lot of information on it. The writer explains her idea with easy means. The language is very simple to implement all the people, so do not worry, you can easy to read this. The book was authored by famous author. The author brings you in the new period of time of literary works. You can easily read this book because you can please read on your smart phone, or device, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open their official web-site in addition to order it. Have a nice read.

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