



Milo: Przewodnik Lifterów do Regeneracji i Zapobiegania Kontuzjom

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Opis

Rebuilding Milo: A Lifter's Guide to Fixing Common Injuries and Building a Strong Foundation for Enhancing Performance

Producent: Victory Belt Publishing

Milo's story is that of a lifter who went through numerous injuries and setbacks, and was able to come back stronger using specific techniques for injury prevention and performance enhancement. In this book, Milo provides a comprehensive guide for lifters of all levels to fix common injuries, develop a strong foundation and enhance their performance.

The book offers practical tips on how to prevent and treat joint pain, aches and spasms, muscle injuries and soreness, as well as chronic shoulder, knee and back issues. It includes a variety of exercises and stretching routines specifically tailored to lifters, and provides guidance on how to integrate physical therapy and sports rehabilitation into your training plan.

Whether you are a competitive weightlifter or a general fitness enthusiast, Rebuilding Milo provides essential knowledge and techniques to take your training to the next level, while reducing the risk of injuries and maximizing your performance potential. So, start your journey towards injury prevention, rehabilitation and peak performance with Rebuilding Milo today!

- **wiązący:** hardcover
- **język:** english, english, english
- **waga przedmiotu:** 1730 grams
- **strony:** 400
- **słowo kluczowe tematu:** Competitive Weightlifting; Joint Pain; Joint Aches; Joint Spams; Muscle Injury; Muscle Aches; Muscle Spasms; Muscle Soreness; Muscle Spasm Back Muscle Spasm of Back Muscle Spasm of Back; Muscle Spasm on on na karku; Muscle Spasm Leg. lifting; Waga: htlifting Competitions; Knee Pain; Squat Heavy; Chronic Shoulder Issues; Injury prevention; Physical Therapy; Sports Rehab; Sports Rehabilitation; Muscle Strain; Muscle Therapy, General Adult, Generalny, Injury prevention; Physical Therapy; Rehab; Sports Rehabilitation Sport; Muscle Injury; Muscle Injury; Therapy; Sports Therapy; Competitive Weightlifting; Joint Pain; Joint Aches; Joint Spams; Muscle Injury; Muscle Injury; Muscle Aches; Muscle Soreness; Muscle Soreness; cle Spasm; Musujący Wycięcie na plecach, Muscle Spasm of Back; Muscle Spasm na szyi; Muscle Spasm na szyi; Muscle Spasm Leg; Muscle Soreness; Weightlifting Competitions; Knee Pain; Squat Heavy; Chronic Shoulder Issues, Non-Fiction, Zdrowie / fitness, health; fitness; health and fitness; wellness; health and wellness; fitness books; health books; stretching; stretching book; medical books; bodybuilding; sports; back pain; sports books; pain; sport; bones; weight training; chronic pain; sports book; flexibility; pain relief; weight lifting; neck pain; knee pain; shoulder pain; bodybuilding book; pain free; fitness book; sports medicine; pain management; weight lifting for women; weight lifting book; weight lifting books; strength training book; rebuilding milo; sport books, strength training book;weight lifting books;rebuilding milo;health;fitness;health and fitness;sports;wellness;health and wellness;fitness books;sport;back pain;pain;health books;medical books;stretching;chronic pain;stretching book;sports books;weight training;bones;flexibility;bodybuilding;weight lifting;pain relief;neck pain;knee pain;shoulder pain;bodybuilding book;fitness book;pain free;sports book;weight lifting book;weight lifting for women;bodyweight strength training;pain management
- **marka:** Victory Belt Publishing
- **ogólne słowo kluczowe:** rebuilding milo the lifter s guide to fixing common injuries and building a strong foundation for enhancing

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- **kod podmiotu:** SXB, VFJ, MKAL, SC, VFMG2, VFMG2, SHP, HEA007000, HEA022000, HEA036000, HEA022000, HEA036000, SPO006000, SPO006000, SPO075000, VFMG, VFMG
- **grupa docelowa:** General/trade
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- **kolor:** Black
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- **wydanie:** 1
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Parametry

Format	Twarda okładka
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