



## Sand Training for Sports (Paperback)

By Jason P Shea

Jason Shea, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Did you know that training in the sand can lead to 3X greater improvements in speed and agility than training on solid surfaces? Or, did you know that training in the sand can burn up to two and half times more calories than the same training on solid surfaces? Sand Training For Sports is an exciting new book solely dedicated to the topic of working out in the sand. The first and only book on this topic, Sand Training for Sport is a great HOW TO book for any athlete, fitness enthusiast, or cross training participant looking to improve performance by implementing sand training into their workouts. With numerous scientific studies backing it up, sand training is a great way to gain the edge over your competition. Over 150 pages, this book is packed with easy to read scientific literature breakdowns, dozens of exciting new ways to train in the sand, and an exercise library loaded with potentially never before seen sand training exercises and methodologies. A must have for any coach, athlete, parent, fitness enthusiast, or therapist looking to enhance their training knowledge...



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