



Total Sports Conditioning for Athletes 50+: Workouts for Staying at the Top of Your Game

Karl Knopf

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STAY AT THE TOP OF YOUR GAME AT ANY AGE

- Don't give up** your favorite sport.
- Don't lose** to younger competitors.
- Sports conditioning** gives you the winning edge!

With targeted programs for fast and effective off-the-court conditioning, this book provides exercises for maintaining the flexibility, strength and speed you need to stay competitive.

By following the regimen in *Total Sports Conditioning for Athletes 50+*, you'll see results where they matter most—on the playing field. The combination of aerobic, strength, plyometric and functional training in this book is sure to keep your body game-ready and injury-free. You'll discover how small doses of the right exercise allow you to continue enjoying your favorite sports for years.

Total Sports Conditioning for Athletes 50+ includes beginner, intermediate and advanced exercises, over 200 Step-by-Step photos plus more than a dozen sport-specific workouts for:

- Baseball**
- Basketball**
- Cycling**
- Golf**
- Hockey**
- Rowing**
- Running**
- Skiing**
- Soccer**
- Softball**
- Swimming**
- Tennis**



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