[PDF] Ultimate Back Fitness And Performance-Sixth Edition

Stuart McGill - pdf download free book

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Description:

Get the latest scientific evidence on back exercise - what helps and what hurts, and why, from a world renowned authority. The sixth edition of Ultimate Back Fitness and Performance provides professionals with the evidence base to design and prescribe the best exercise programs for the back. A complete description of a 5-stage program is provided. Many examples illustrate each stage within a back pain rehabilitation program together with a performance enhancement program for

athletes. Beginning with recognizing and re-patterning perturbed motor programs and progressing to the enhancement of stability-mobility, then endurance, the final stages continue with strength, power and agility training. Each step is well illustrated and instructive. Added to this are general approaches to assess the demands of individual activities and sports, and then create a program for the individual to create the optimal performance and injury resiliency. Dr. McGill's style makes for an easy read of this thorough and rich resource.

- Title: Ultimate Back Fitness and Performance-Sixth Edition
- Author: Stuart McGill
- Released:
- Language:
- Pages: 331
- ISBN: 0973501839
- ISBN13: 9780973501834
- ASIN: 0973501839