



The Athlete's Guide to Recovery: Rest, Relax & Restore for Peak Performance (Athlete's Guide) (Paperback) - Common

By (author) Sage Rountree

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If you've hit a wall in your training, maybe it's because your body isn't recovering enough from each workout to become stronger. Hard workouts tear down the body, but rest allows the body to repair and come back stronger than before. This title offers a practical exploration of the art and science of athletic rest.

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