



## Injury Prevention and Movement Control Warm Up, Flexibility and Resistance Training Volume 2

By Lincoln Blandford

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 84 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. In the second volume of Lincoln Blandford's Injury prevention and movement control range, Lincoln again pursues the desirable goal of remaining injury free through the consideration of movement quality. Injuries, although often perceived as inevitable for the active, each have a root cause. If the influence of these causes can be limited, injury risk is reduced. In this volume Lincoln applies the importance of movement control into a practical setting, in particular its effect on warm-ups, flexibility and resistance training. If you really want to know how to avoid injuries, then unquestionably, this is the book for you. Central YMCA Guides are part of Central YMCA the UK's leading health and education charity and the world's first YMCA. All profits from the sale of these books will go towards Central YMCAs charitable efforts in helping people lead healthier and happier lives. Central YMCA Guides: Trustworthy advice from those in the know. This item ships from La Vergne, TN. Paperback.



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