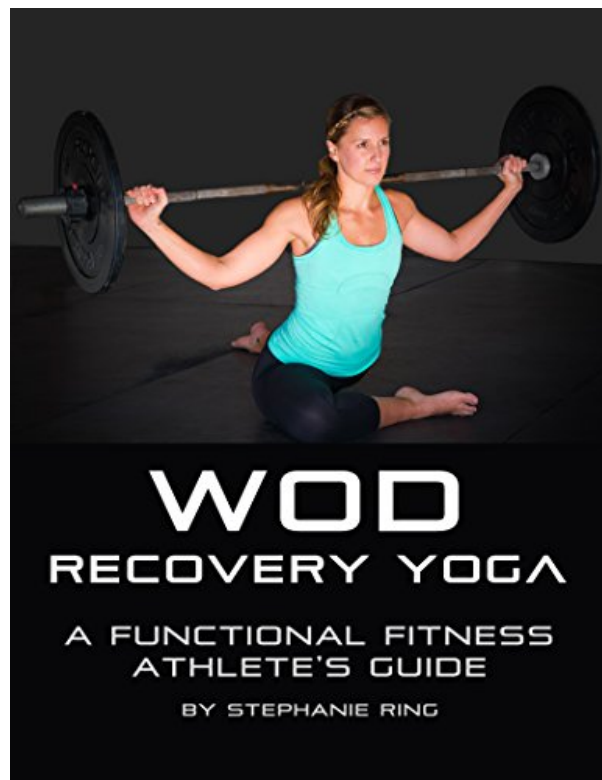
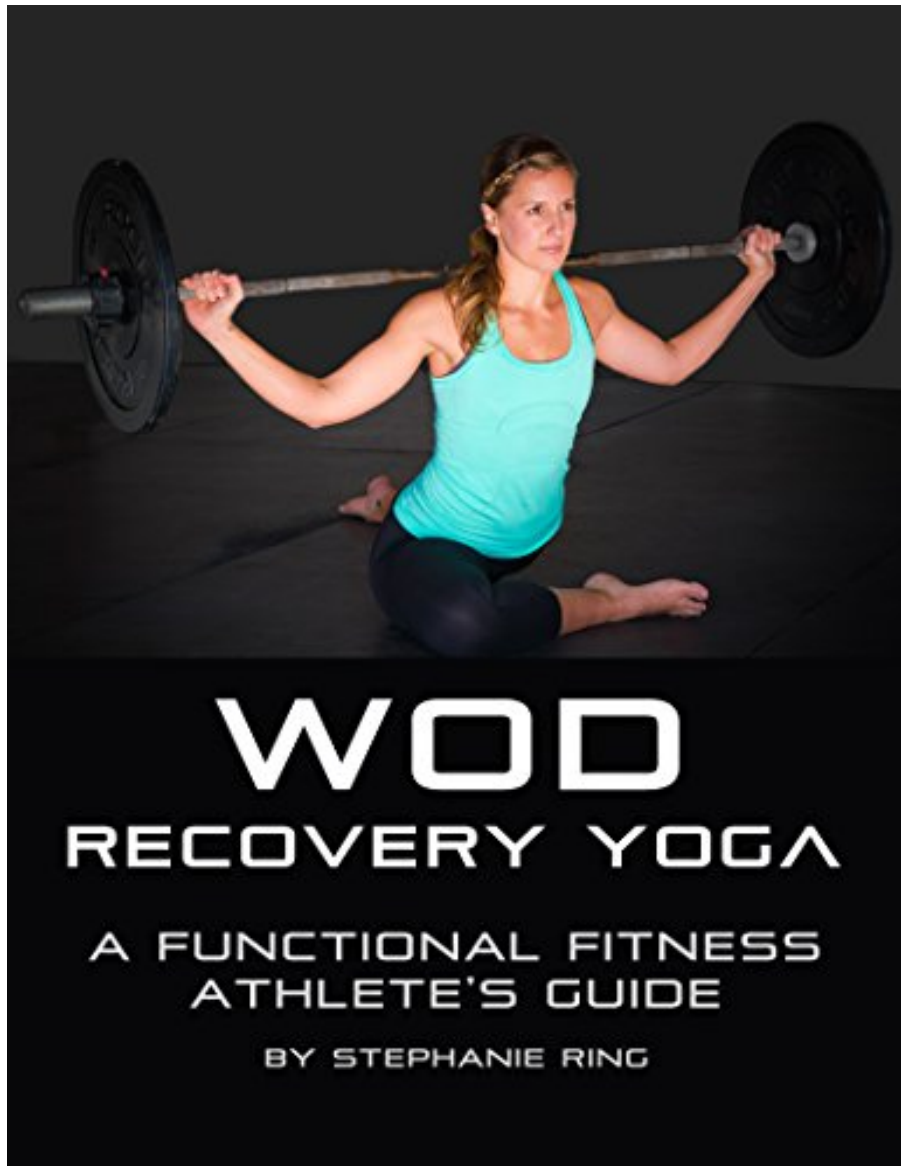


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A Functional Fitness Athlete's Guide to Increased Flexibility, Mobility and Improved Athletic Performance through The Practice of Yoga.

WOD Recovery Yoga introduces functional fitness athletes to another form of movement designed to improve recovery time post WOD (Workout of the Day) to help maintain flexibility and mobility.

Functional movements are based on our body's biomechanics for dealing with real world scenarios like lifting or pulling. Overall strength can play a role in the execution of proper form, but over time, as strength increases you will notice that the bodies ability to get into the correct position is determined by mobility and flexibility. When we see a breakdown in form, rarely is it a byproduct of our body's natural ability to perform such a movement, but mobility (range of motion in the joints) or flexibility (length of the muscles).

This is why WOD Recovery Yoga is so crucial to a functional fitness athletes recovery and overall training. Better mobility and flexibility means better form and improved performance. Stretching is never fun but just like doing snatch drills or muscle up progression work, it's necessary to get better.

WOD Recovery Yoga provides functional fitness athletes with the ability to take their recovery into their own hands. With 70 yoga postures, all of which are accessible to any age and fitness level, athletes now have a set of stretches useful for their post WOD recovery.

There are a few ways athletes can use this book First, each yoga posture, contains a list of functional fitness movements that this particular stretch helps you recover from. Second, in the table of contents, there is a section where the poses are organized by muscle group so if you find one area of the body is sore or tight from a previous workout, you can choose some of the stretches related to that area of the body. Lastly, there is a list of the top 20 most common functional fitness movements, like deadlifts or box jumps, with a sequence 5-6 yoga postures you can use as recovery.

Stretching post WOD is something we as athletes take for granted. Take the guess work out of your recovery with these simple stretches, while relieving soreness and improving mobility.

- Sales Rank: #592211 in eBooks
- Published on: 2015-03-04
- Released on: 2015-03-04
- Format: Kindle eBook

Most helpful customer reviews

1 of 1 people found the following review helpful.

Life saver for mobility!

By adri1385

Straight to the point poses for your everyday life and workouts. I love that you can just look up what you are planning to do before and after and can incorporate the right stretches for it. It takes out the thinking of what needs to be done each time. What I also love the most is the fact that it gives you ideas of stretches you had never thought of would help or had never seen. Highly recommend it for any person that's active!

1 of 1 people found the following review helpful.

The book I've been waiting for!

By kh53

Haven't gotten the chance to really read it and implement it fully, but I am loving this book already.

0 of 0 people found the following review helpful.

Love the format

By Brenda

Love the format, you can click on the Crossfit movement, and get the perfect stretch. Only thing keeping this from 5 stars, is the list of stretches available in that format of "movement" is smaller than if you pick a muscle group, that offers far more options of stretches. I just don't know all the muscle groups, so I'm used to picking it based off movement. Regardless, it's a super addition to daily WODS and has helped my mobility and recovery.

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