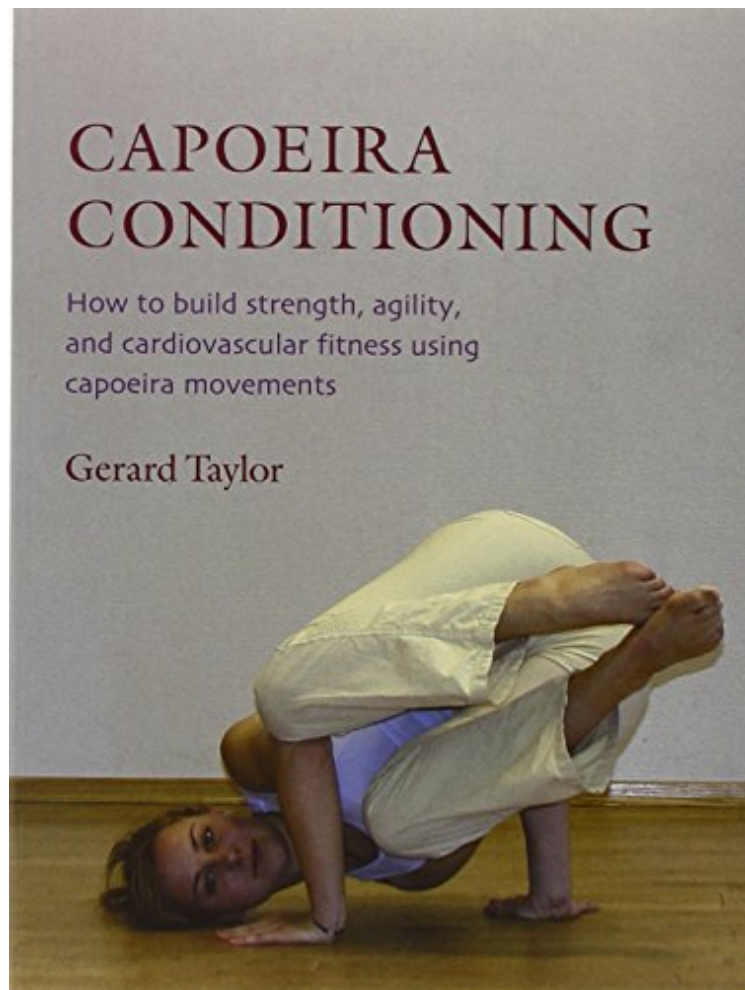


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Capoeira Conditioning: How to Build Strength, Agility, and Cardiovascular Fitness Using Capoeira Movements

Gerard Taylor

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Gerard Taylor : Capoeira Conditioning: How to Build Strength, Agility, and Cardiovascular Fitness Using Capoeira Movements before purchasing it in order to gage whether or not it would be worth my time, and all praised Capoeira Conditioning: How to Build Strength, Agility, and Cardiovascular Fitness Using Capoeira Movements:

3 of 3 people found the following review helpful. Good on BasicsBy Howard G. Anders JrThe book advocates and explains the use of the basic moves of capoeira as a conditioning tool. The text is very clear, the exercises are very well explained, with plenty of photos. Mr. Taylor also outlines several possible exercise routines constructed from the basic movements. The author makes the point that his book concentrates on the conditioning aspects of capoeira movements; it is NOT a primer on the art itself. If you are "into" bodyweight conditioning, this book will provide

some useful and challenging alternatives. 1 of 1 people found the following review helpful. a good read well written for the beginner in mind
By ghostb I really liked reading this kindle edition book very easy to read. Straight to the point I hope the author writes another book on techniques you can add to this book. I really loved the pictures in the kindle edition too it shows these people took the time to think about which pictures to put in the book. Unlike other books where they just show one start picture and then the finished one. Thanks to these people I'm starting to like working out again, the techniques are worded very simple and they also give you a sample of a short work out plan from sets and Reps to a time limit to do the techniques in. I'll be looking forward to another release from this author.
0 of 0 people found the following review helpful. Easy to understand and will improve your movement.
By John F. Johnson I use this book everyday for my training. Nice pictures and understandable. Must read and practice hard, you won't be disappointed.

The popularity of capoeira continues to rise as more people discover how useful and fun it can be for increasing agility and flexibility, as well as strength and endurance. Capoeira Conditioning is an illustrated guide to whole-body training based on this increasingly popular Brazilian martial art. Designed for all ages and all levels of experience, the book is a step-by-step training manual with photographs that guide users through every movement and sequence. Accompanying text gives special pointers and describes the fitness benefits of each individual technique. Capoeira Conditioning offers no-frills advice about nutrition, regularity of training, capoeira in relation to other sports, and capoeira conditioning for children, along with a simple QA section.

About the Author A graduate of the London School of Capoeira, Gerard Taylor, co-founded the Oslo Capoeira Klubb in 1996. Since then he has taught classes and workshops to thousands of people of all ages and nationalities. He is the author of Capoeira: The Jogo de Angola from Luanda to Cyberspace and Capoeira Conditioning.