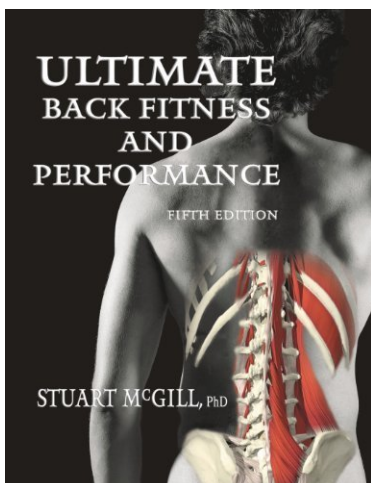


# [PDF] Ultimate Back Fitness And Performance

Stuart McGill - pdf download free book

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**Books Details:**

Title: Ultimate Back Fitness and Per

Author: Stuart McGill

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Pages: 325

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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. 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 bad back 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, 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 demand of individual activities and sports and

how to identify the critical components that need specific focus in an individual's back. Dr. McGill's style makes for an easy read of this thorough and rich resource.

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