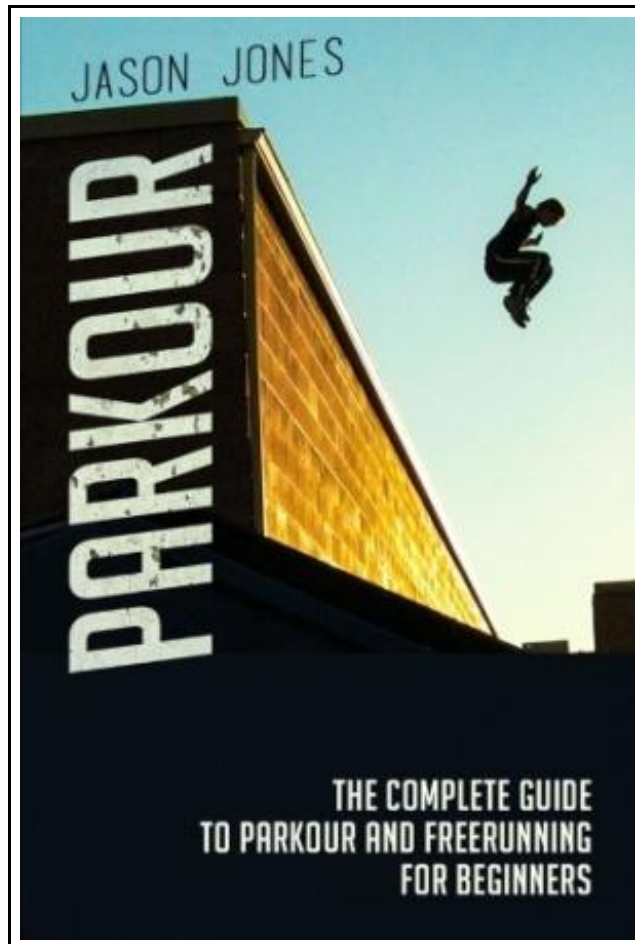# Parkour: The Complete Guide to Parkour and Freerunning for Beginners (Paperback)

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PARKOUR: THE COMPLETE GUIDE TO PARKOUR AND FREERUNNING FOR BEGINNERS (PAPERBACK)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Parkour - The Complete Guide To Parkour and Freerunning For Beginners Would you like to know more about Parkour? So you ve seen some videos on YouTube where these guys are running across rooftops, bounding from one building to the next in a style you might only have seen before in the movies. Their movements are fluent and they seem to have no fear of trying to jump a 10 foot gap between buildings while doing a couple fancy tricks here and there, and this has been peaking your curiosity to no end. How do they do that? Parkour is a sport that requires extreme mental focus and physical strength, but it is also a sport that anyone can learn. You don t need any special equipment to get started, but that doesn t mean it s easy to do. The aim of this book is get a complete beginner up and running (pun intended!) in the basic elements of Parkour. This book will help to give you the confidence and basic skills you need to start participating in the sport. Here s a Preview of what s inside Introduction to ParkourWhat Makes Parkour Different from Free Running?How to Safely Learn ParkourParkour Equipment and GearPakour BalancesLong Range MovementParkour LandingsParkour JumpingParkour VaultsConditioning Your Body For ParkourAdvanced TechniquesParkour Resourcesand much more! Download your copy today to receive all of this information. Just Scroll to the top of the page and select the Buy Button Tags: Parkour, Freerunning, Free Running, Parkour training, Traceur, Parkour For Beginners, Free Running For Beginners, Parkour, Freerunning, Free Running, Parkour training, Traceur, Parkour For Beginners, Free Running For Beginners, Parkour, Freerunning, Free Running,...

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