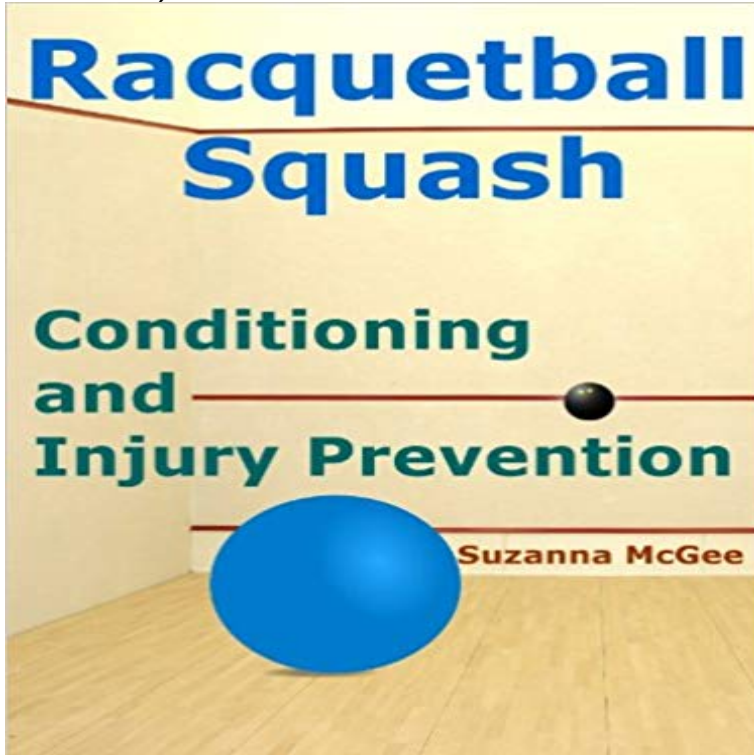


# Racquetball and Squash: Conditioning and Injury Prevention (Kindle Edition)



If you love to play racquetball or squash but always suffer from injuries that prevent you from steady improvement, this book is for you. The one-sided nature of the sport creates a lot of imbalances in your body that over time create overuse injuries. In this book, you will find practical advice on how to adjust your training to the requirements of your body, and how to achieve maximum racquetball/squash fitness that will improve your performance and stop the aches. You will learn how to listen to your body and understand what your body is telling you; strengthen your weaknesses, balance your strengths, discover and correct your imbalances, prevent future injuries and improve your performance through mindful fitness. Thousands of athletes are already enjoying playing pain free. Join them too!

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