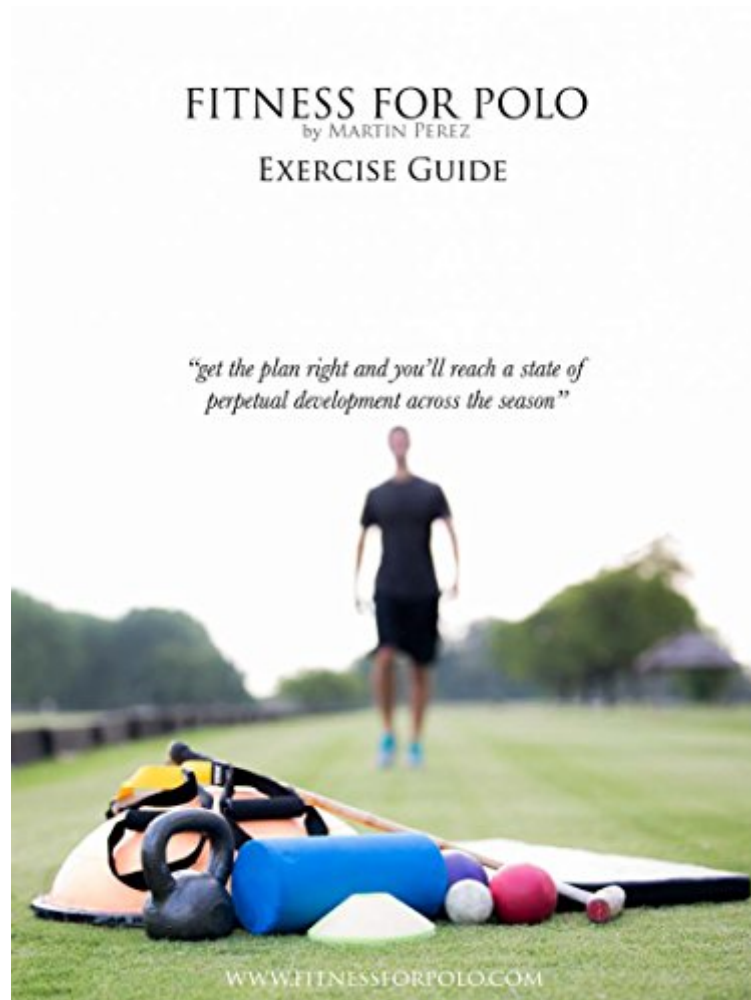




Ebook Directory
the best source of ebook

The book was found

Fitness For Polo - Exercise Guide (Fitness For Polo Series Book 1)



Synopsis

Understanding how your body works is the first step to improving performance. Kickstart your fitness regime specifically designed for polo with this helpful guide designed by physical coach for polo players and founder of Fitness for Polo, Martin Perez. This guide provides you with a large array of easy-to-do exercises that can be performed at home, at the gym or on the polo field and will help you to become a healthier and stronger polo player.

Book Information

File Size: 2596 KB

Print Length: 48 pages

Simultaneous Device Usage: Unlimited

Publisher: Fitness for Polo LLC (March 20, 2015)

Publication Date: March 20, 2015

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00V0CG5D8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #558,915 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4

in Â Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Horses > Polo #8

in Â Â Books > Sports & Outdoors > Individual Sports > Horses > Polo #446 in Â Â Kindle Store >

Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors

Customer Reviews

Excellent exercise programs, easy to understand and follow.

I was looking for some fitness ideas and this book was exactly what I expected. Directions could be a little more clear though.

Its amazing to actually have literature on such an interesting sport. I am a big fan of polo and i am

enjoying to find out more how to exercise and increase performance.

[Download to continue reading...](#)

Fitness for Polo - Exercise Guide (Fitness for Polo Series Book 1) Fitness for Polo - FitBall Exercise Guide (Fitness for Polo Series Book 2) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Fitness Journal & Planner: Workout / Exercise Log / Diary for Personal or Competitive Training [15 Weeks * Softback * Large 8.5" x 11" * Full Page ... Cycling / Biking] (Exercise & Fitness Gifts) A SUPER Home Exercise Book for Seniors: A Home Exercise Routine That Really Packs A Punch (Senior Fitness Series) (Volume 1) Let's Talk Polo...: For the Polo Player...things you need to know. Written by the most famous and well respected female polo player in the world, Sunny Hale (Volume 1) Let's Talk Polo Ponies...: The facts about polo ponies every polo player should know (Volume 3) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) BEST KETTLEBELLS EXERCISE GUIDE FOR EVERYONE: Kettlebells Exercise Guide Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Exercise Every Day: 32 Tactics for Building the Exercise Habit (Even If You Hate Working Out) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Acsms Resource Manual for Guidlies for Exercise Testing and Prescription) Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise Therapeutic Exercise (Therapeutic Exercise Moving Toward Function) ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise Physiology)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help