

Parkour Freerunning For Beginners: Get Fit, Strong, and Agile While Learning Parkour

Are you ready to take your fitness to the next level?

Parkour is an exciting and challenging sport that combines acrobatics, martial arts, and running. It's a great way to get fit, strong, and agile, and it's also a lot of fun.



PARKOUR: Parkour & Freerunning For Beginners! Get Fit, Strong & Agile While Learning Parkour (Movement, Freerunning, Parkour) by Dr. Heather L. Johnson

★★★★★ 5 out of 5

Language : English
File size : 1637 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 73 pages
Lending : Enabled



If you're new to parkour, don't worry! This book is the perfect place to start. Parkour Freerunning For Beginners will teach you everything you need to know to get started, from the basics of movement to advanced techniques.

In this book, you'll learn:

- The history of parkour

- The basic principles of parkour
- How to safely practice parkour
- The different types of parkour moves
- How to create your own parkour workouts
- And much more!

With step-by-step instructions, clear illustrations, and inspiring stories, Parkour Freerunning For Beginners will help you achieve your fitness goals and unlock your inner athlete.

Free Download your copy today!

Parkour Freerunning For Beginners is available now on Our Book Library. Click the link below to Free Download your copy today.

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What people are saying about Parkour Freerunning For Beginners:



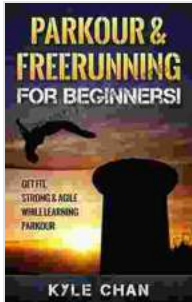
“This book is a great to parkour. It's well-written and easy to follow, and it covers everything you need to know to get started.” - Jake, Our Book Library reviewer”



“I'm a complete beginner to parkour, and this book has been a great help. It's taught me the basics of movement and how to safely practice parkour.” - Sarah, Our Book Library reviewer”



***“This book is a must-read for anyone who wants to learn parkour. It's full of valuable information and inspiring stories.”
- John, Our Book Library reviewer”***



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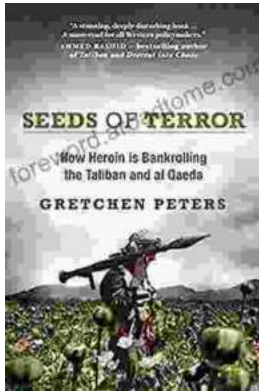
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