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Freestyle: Maximize Your Sport and Life Performance with Four Basic Movements is an interactive way to learn how the body is designed to move through space and how to interact with our constantly changing surroundings. Using this framework and four basic movements, Paoli will help you maximize your efforts in sport and life, regardless of specialty.

Free+Style: Maximize Sport and Life Performance with Four ...

Free+Style: Maximize Sport and Life Performance with Four Basic Movements Book is a combination exercise theory and practical advise. Full of pictures and detailed instructions, the book will be of use to trainers and professional and high level athletes.

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This book is for everyone. On the surface, Free+Style is a practical guide to improving movement for men and women of all fitness and athletic levels with four basic movements. Yet I think that to just leave it at that would be a crime.

Book Review: "Free+Style: Maximize Sport and Life ...

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Description Free+Style is a practical manual to develop human movement regardless of discipline. It is equally applicable to veteran athletes, weekend warriors, fitness enthusiasts and people who are simply curious about improving their health.

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