



Parkour Strength Training: Overcome Obstacles for Fun and Fitness

Ryan Ford, Ben Musholt

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In Parkour Strength Training, you will learn how to:

- Accelerate your athletic development with three fundamental bodyweight exercises
- Promote the flexibility and mobility necessary for safe obstacle-based fitness
- Prepare and condition your joints to avoid injuries
- Train safely outdoors
- Remedy the common faults and errors that plague parkour newcomers
- Incorporate ground-based exercises, such as quadrupedal movement, bounding, and jumping into your workouts
- Use low obstacles such as benches, handrails, and walls for full-body strength training
- Fly over barriers using three basic vaults
- Mount, traverse, and overcome head-high walls and bar structures
- Master proper climb-up technique using many supplemental exercises
- Design an effective strength training program
- Combine skill-based drills and games to become a more well-rounded practitioner
- Dominate obstacle courses

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