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Hydro Activity for Stress Recovery in Sports

By Supriyo Mondal

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Taschenbuch. Book Condition: Neu. 220x150x9 mm. This item is printed on demand - Print on Demand Neuware - In present era of high performance training for competitive sports have become intensive stressful. Proper recovery not only prevents burnout but promotes performance to the optimal level too. This book will provide the readers a depth understanding of the fact how and why hydro activities are essential for the promotion of Stress Recovery after sports activities. Hope the work will be an asset to the young researchers, athletes & coaches in the field of recovery. Wish all good health, stay active and enjoy the life to the fullest. Thanks to my teachers who molded me to be what I am today. Jay Hind. 144 pp. Englisch.



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