



## A Beginner's Guide to Parkour: Discover the Freedom and Excitement of Free Running (Paperback)

By Jeff Boyer

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Learn to Run Free, Have Fun, and Shape Your Life Feeling free. Is there a better feeling than that? It is there anything better than feeling your body testing its limits, showing off incredibly abilities like a finely-honed machine? In our 9 to 5 lifestyles, many of us don't get to experience the exhilarating freedom of free running. Our bodies are chained to desks, our spirits are slave to a clock. But deep down in each one of us we have that ability to break free, to test our limits. Parkour tests these abilities, test the absolute limits of the human body. And the results are absolutely remarkable. When you train in parkour, massive changes happen for you both physically and mentally. You get back in touch with how incredible our natural bodies are, how many of us are being held back from our true potential because of our modern lifestyle. And the best thing, nothing is quite as exhilarating and exciting as parkour. Jeff Boyer serves as your guide through the world of...



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