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STEP UP YOUR GAME: THE REVOLUTIONARY PROGRAM ELITE ATHLETES USE TO INCREASE PERFORMANCE AND ACHIEVE TOTAL HEALTH (HARDBACK)



Sports Publishing LLC, United States, 2016. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. As a sports and wellness medicine practitioner whose clients include Olympic and professional athletes, triathletes, and weekend warriors, Dr. Naresh Rao has uncovered the secrets of how and why elite athletes consistently perform at the highest levels. In Step Up Your Game, he reveals what separates the best athletes from the rest of us, despite our best efforts in any...

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- Authored by Naresh C. Rao
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