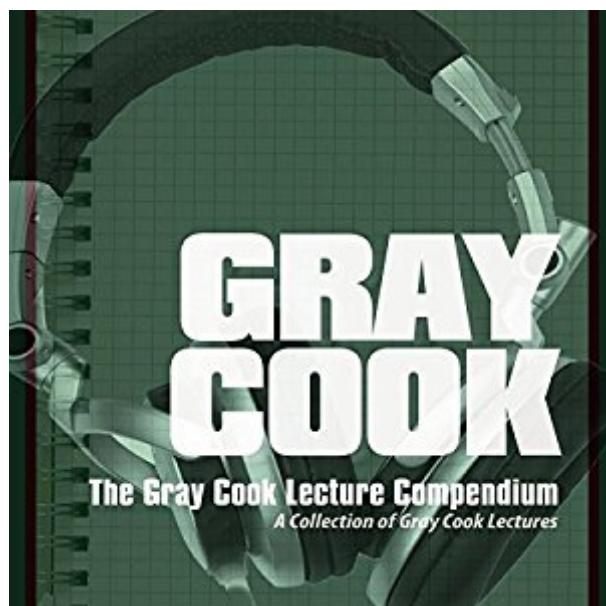


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# The Gray Cook Lecture Compendium: A Collection Of Gray Cook Lectures



## Synopsis

The risk factors in exercise and athletics are going up. Why? Because people don't have enough information to know how to dose and scale the activities they do. The biggest problem in fitness today is not availability or access to fitness professionals, nor is it availability of information. It's a little simpler than that, and in this collection of recorded live lectures, Gray Cook explains what he's learned about movement and movement learning in his years as a physical therapist and strength coach.

## Book Information

Audible Audio Edition

Listening Length: 12 hours and 51 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: On Target Publications

Audible.com Release Date: August 4, 2016

Language: English

ASIN: B01JN8H0Z2

Best Sellers Rank: #74 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #134 in Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation #309 in Books > Audible Audiobooks > Science > Medicine

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