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THE OXYGEN ADVANTAGE: THE SIMPLE, SCIENTIFICALLY PROVEN BREATHING TECHNIQUE THAT WILL REVOLUTIONISE YOUR HEALTH AND FITNESS



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Oxygen Advantage: The Simple, Scientifically Proven Breathing Technique That Will Revolutionise Your Health and Fitness, Patrick McKeown, The secret to your health, fitness and overall wellbeing lies in the most basic and overlooked aspect of your workout: how you breathe. Developing body strength while ignoring breathing strength is counterproductive. In The Oxygen Advantage, Patrick McKeown combines his successful breathing exercises with techniques designed to simulate high-altitude training in a...

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- Authored by Patrick McKeown
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