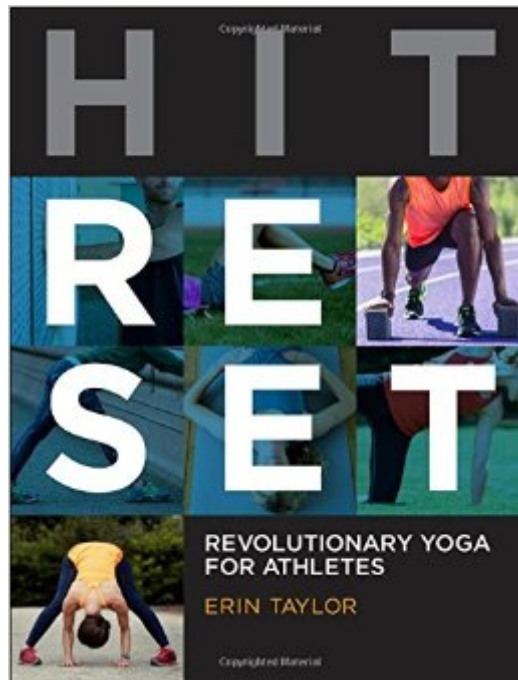


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# Hit Reset: Revolutionary Yoga For Athletes



## Synopsis

HIT RESET offers athletes new ways to find more speed, power, and endurance. Yoga coach Erin Taylor's HIT RESET program uses yoga to solve the specific problems you face as an athlete. Her revolutionary approach to yoga can improve functional strength, flexibility, muscle recruitment, breathing and focus, core strength, and durability. HIT RESET starts by defining 10 problems that hold athletes back and the yoga solutions that can fix them. Each chapter shows you how your body should work, how to self-diagnose flaws in your movement and functional strength, and how to apply just a few specific yoga poses so you can "hit reset" and get back to athletic form. The yoga solutions in HIT RESET take just a few minutes before or after your workout, and you won't need a mat or studio classes. Armed with these key, highly effective yoga fixes, you'll begin a radical redefinition of balance that can make you a healthier, stronger, and faster athlete. HIT RESET can help you solve:

- Imbalances that lead to injury by redefining balance from head to toe
- Feeling easily winded with deep breathing exercises
- Feeling distracted or nervous with focus exercises
- Poor posture with core activating and strengthening poses
- Sleepy feet and stiff calves for a stronger foundation
- Knee pain with better form and strength poses
- Stiff hamstrings and sleepy glutes with activation exercises
- Unstable hips and IT band problems with hip helpers
- Stiff shoulders and sides with opening poses

Yoga can help you in your sport, but only if your yoga is solving the problems you face as an athlete. HIT RESET offers a yoga revolution for athletes by making yoga work for you. Join the HIT RESET revolution and you'll find a no-nonsense approach that will make you a stronger, more resilient athlete.

## Book Information

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## Customer Reviews

I'm a huge fan of yoga, especially as it relates to recovery and injury prevention for runners. I've practiced yoga, off and on, for ten years, thanks to an introduction by a college professor who was also a certified yoga instructor and invited her students to a class as part of a project we were working on. After just one class, I was hooked; I wasn't sure exactly what I was hooked on, but I knew that I wanted to experience that mind/body connection again as soon as possible. This was in 2005, and I attended classes with her regularly until she moved away from the area and, since then, I've bounced from place to place; my desire to maintain a regular practice has never faded. Thanks to a swell in both its popularity and accessibility, one can find yoga just about anywhere; my struggle has always been in finding a teacher in whom I trust to guide me properly and help me understand why certain connections, poses and breathing patterns are important. In addition, as a runner, I want to ensure that I'm not doing anything to jeopardize my training efforts; I would like to enhance and supplement my running with my yoga practice. Enter Jasyoga, my yoga studio of choice; it is, most wonderfully and conveniently, a mobile studio. For a nominal fee of \$4.99, I can practice whenever and wherever I choose with Erin Taylor who is an athlete's yoga instructor. Having discovered yoga after an injury as a collegiate athlete, Erin knows what it means to bridge the gap between performance and recovery, goal-orientation and balance.

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