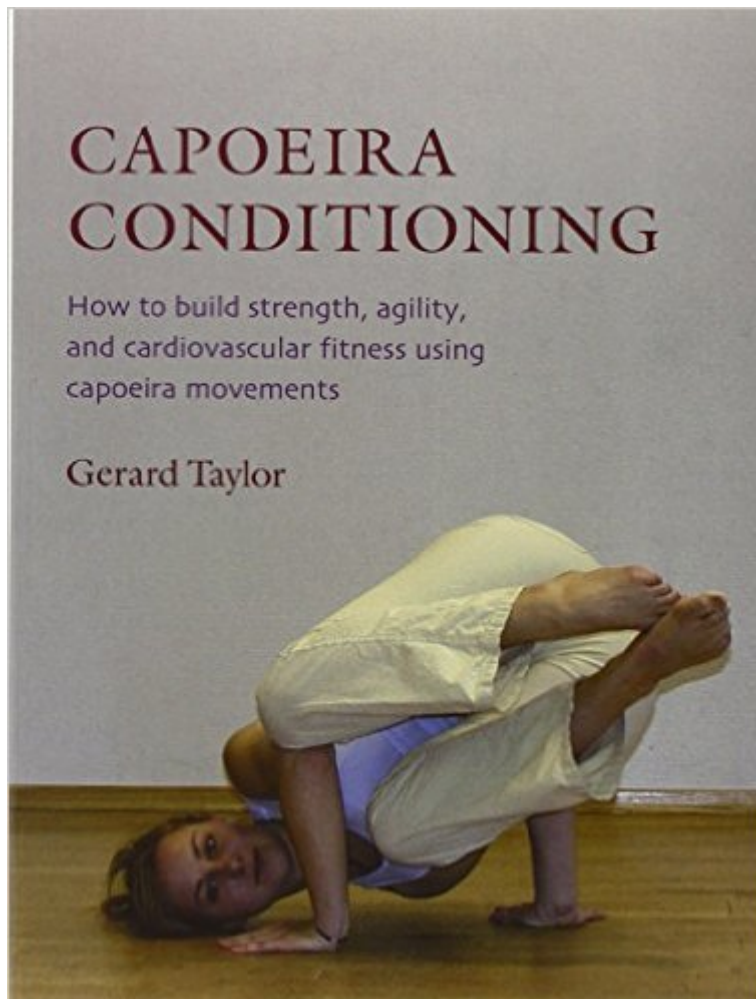


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# Capoeira Conditioning: How To Build Strength, Agility, And Cardiovascular Fitness Using Capoeira Movements



## Synopsis

The popularity of capoeira continues to rise as more people discover how useful "and fun" it can be for increasing agility and flexibility, as well as strength and endurance. Capoeira Conditioning is an illustrated guide to whole-body training based on this increasingly popular Brazilian martial art. Designed for all ages and all levels of experience, the book is a step-by-step training manual with photographs that guide users through every movement and sequence. Accompanying text gives special pointers and describes the fitness benefits of each individual technique. Capoeira Conditioning offers no-frills advice about nutrition, regularity of training, capoeira in relation to other sports, and capoeira conditioning for children, along with a simple Q&A section.

## Book Information

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## Customer Reviews

As the subtitle says, "builds strength, agility and cardiovascular fitness using capoeira movements". This book was not written to teach you capoeira. It was designed to teach people how to get fit by using capoeira exercises. To me it can be used like yoga if you want to or like an aerobics. Good book.

If you've attended a well orchestrated Capoeira class for a couple of months, then there should be nothing useful to you in this book. It shows you how to use a few capoeira moves, with several variations, to achieve your fitness goals. You can probably already figure out how to do that yourself. You're better off buy "The Little Capoeira Book" by Nestor Capoeira. If you haven't attended a Capoeira class, but admire the art and are looking for a way condition your body, then

this book is helpful. The author spends a good portion of the book defining "fitness" and defending his position that Capoeira is possibly the best tool for well-rounded fitness. The rest of the book outlines some possible routines and gives detailed descriptions of moves, with pictures. Never once does the author of this book imply his writings as a replacement to attending a class.

This book helps you set up a work out that you can easily build on as you improve. It gives plenty of tips for working out and healthy living. This book will not substitute taking classes, but the book even says that if you are serious about capoeira you need to take classes.

If you are a fan of bodyweight training, you should check out this book. For those of you familiar with Combat Conditioning, you will find a lot of similarities. It's basically like Combat Conditioning with a very gymnastic twist to it, which makes it all that much more challenging and interesting. A lot of handstand type movements and supporting your bodyweight on your hands.

I'm amazed at how many reviews for this book knock it down because it fails to teach Capoeira. The title of this book is not misleading at all it states quite clearly that this is a book geared towards Conditioning utilizing Capoeira. Please look at this as a fitness manual and not an instruction manual for Capoeira. If you want to get in shape, gain some agility, and have fun in an innovative way then by all means add some of these routines to your current workout. If you're looking for instruction of Capoeira then you'll be somewhat introduced to it but not as much if you would have purchased a book intended for that purpose such as Nestors: Little Capoeira Book, one of the few publications in English. AXE

If you're serious about capoeira, this book will make you significantly better in several important skills along with improving your conditioning and ability to play in the roda for longer periods of time. I absolutely LOVE this book ... and if you've been away for capoeira for a while, this book is a great way to get yourself back into condition when you go back to your studio as well.

The title says it all. A very good book for anyone who is into physical conditioning using only body weight exercises!

The book advocates and explains the use of the basic moves of capoeira as a conditioning tool. The text is very clear, the exercises are very well explained, with plenty of photos. Mr. Taylor also

outlines several possible exercise routines constructed from the basic movements. The author makes the point that his book concentrates on the conditioning aspects of capoeira movements; it is NOT a primer on the art itself. If you are "into" bodyweight conditioning, this book will provide some useful and challenging alternatives.

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