

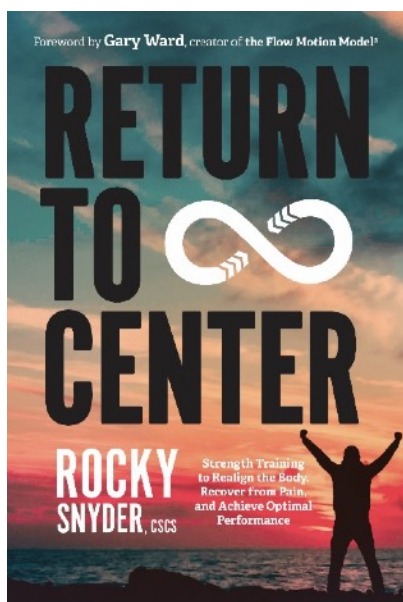


FOR IMMEDIATE RELEASE:

Certified Strength & Conditioning Specialist Publishes Stay-at-Home Fitness Guide

Return to Center: Strength Training to Realign the Body, Recover from Pain, and Achieve Optimal Performance

Herndon, VA; June 2, 2020: Mascot Books announces the release of *Return to Center* by Rocky Snyder



The traditional approach to strength and conditioning has always been about getting bigger and stronger, but at what cost?

Joint pain, tendinitis, bursitis, non-contact sports injuries, and lower back pain are just a few of the potential by-products. In *Return to Center*, Rocky Snyder takes an innovative approach to improving human performance without the drawbacks of pain and reduced mobility. This new methodology bases each program on the individual, their posture, and their unique gait pattern. No two people have identical lives, so why should they have identical programs?

Featuring over 100 photographs and more than 150 YouTube video links, *Return to Center* provides instructions for self-myofascial release techniques, mobility drills, and strength motions. Perfect for beginners and experienced trainers alike, *Return to Center* is a must have for anyone looking to improve their fitness routine without going to the gym.

To set up an interview, reading, signing, or for information regarding *Return to Center*, please contact Chris Baker at chris@mascotbooks.com.

To learn more, visit: returntoctr.com and rockysfitnesscenter.com

Return to Center is registered with the American Wholesale Book Company, Baker & Taylor, Follett Library Resources, and Ingram, and available online with the following retailers:



About Mascot Books

Mascot Books is a full-service, multi-genre, hybrid book publisher and distributor headquartered in Herndon, Virginia. Co-founded in 2003 by Naren Aryal, Mascot has published more than 2,500 books in a variety of genres, including fiction, nonfiction, children's, cookbooks, and coffee table books. Learn more at www.mascotbooks.com.