

Fit 4 Ever: Top 10 Training Mistakes

Cal Ripken, Jr. has always said, "Practice does not make perfect. Only perfect practice makes perfect." When you look at his career, it's hard to argue against that wisdom. If practice made perfect then Shaquille O'Neal wouldn't have a career free throw percentage of just over 50 percent.

If you practice the wrong technique over and over again — even if you think you are doing it right — all you will become is very good at doing something the wrong way.

Bible Reference:

Proverbs 14



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