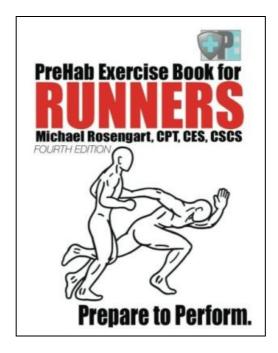
Prehab Exercise Book for Runners - Fourth Edition: Prepare to Perform. (Paperback)



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Reviews

A really awesome pdf with lucid and perfect information. It is loaded with wisdom and knowledge I am just effortlessly could get a satisfaction of reading a composed book.

(Claudine Jerde)

PREHAB EXERCISE BOOK FOR RUNNERS - FOURTH EDITION: PREPARE TO PERFORM. (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. The PreHab Exercise Book for Runners is a comprehensive training guide of corrective exercises, movement evaluations, and training progressions that will help any runner strengthen his or her running technique and improve times. After breaking his leg and rupturing his Achilles Tendon (twice), author and coach Michael Rosengart thought his running days were long gone. With strength imbalances and poor alignment, Michael found it very difficult to run like he used to - before his injuries. Then Michael learned of the growing field of PreHab (prehabilitation) in a seminar with the National Strength and Conditioning Association. PreHab, short for prehabilitation, is the deliberate practice of including exercises in a training program that counter the repetitive stressors from life and/or training to improve an individual s alignment, mobility, and stability. PreHab exercises help an individual restore biomechanical integrity to major joints, optimize movement efficiency through a given pattern of movement (such as running), and ultimately lead to improvements in performance! Essentially, PreHab Exercises effectively prepare an individual to perform. The PreHab Exercise Book for Runners outlines simple ways to evaluate alignment, mobility, and stability as well as provides corrective action to counter a list of common injuries that frequently sideline runners. Additionally, the PreHab Exercise Book for Runners includes hundreds of detailed exercises, illustrations, and instructions that aid the reader in understanding and executing the movements. The PreHab Exercise Book for Runners evaluate their biomechanics and Movement Patterns en route to effectively developing their own PreHab program, which will ultimately improve their Movement Quality and running technique. Here s what others...



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