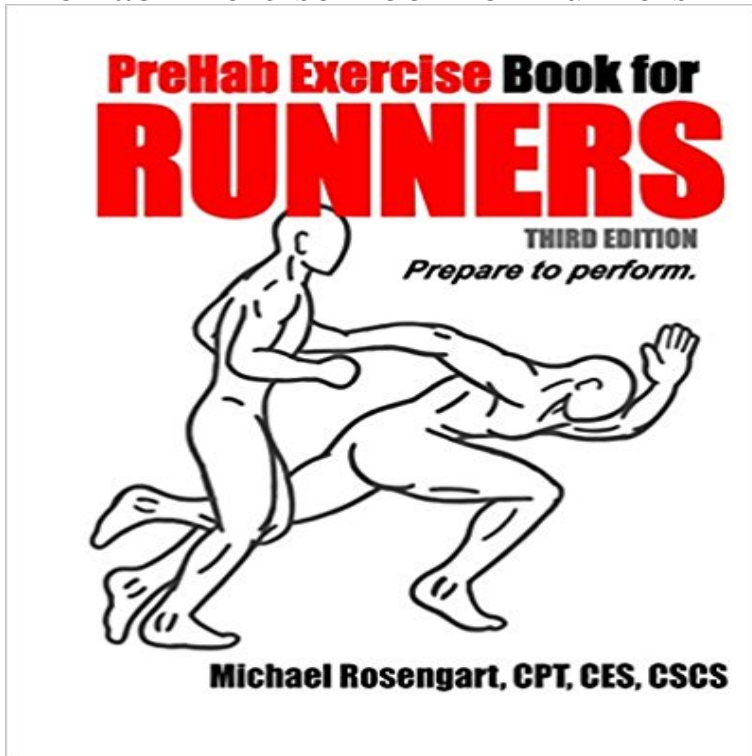


PreHab Exercise Book for Runners - Third Edition: Prepare to Perform.



You're a runner if you put one foot in front of the other to compete in a race, go for a training run, or just stay in shape. Running is a highly effective way to burn calories and develop cardiovascular strength and endurance. But it's also a high-impact activity that can hammer away at your joints and take a toll on your body. But it doesn't have to. PreHab Exercise Book for Runners, developed by NSCA Certified Strength and Conditioning Specialist Michael Rosengart, is designed to help runners and athletes prevent injuries, strengthen their bodies, and improve performance. And if you're sidelined from running because of an injury, PreHab can get you back on track too. The PreHab Exercise Book for Runners was developed by Michael Rosengart based on his personal experience with running-related injuries that forced him to take a closer look at his approach to running. He's also a coach and personal trainer who has helped thousands of athletes stay in the game based on this training program. The PreHab Exercise Book for Runners will show you how to evaluate your own body mechanics and eliminate any weaknesses or imbalances in your form and technique. If you're just taking up running, enjoy going for a jog on the weekends, compete in races, or coach runners and athletes, this comprehensive guide of conditioning exercises is a must-have tool to help you be a better runner by strengthening your joints, improving body mechanics, and reducing your risk for injury. You'll get easy-to-use assessments to test your mobility and stability as a quick way to evaluate your biomechanics and create a successful training program for yourself. Based on your results, you can incorporate the recommended exercises into your training program to help you be a more efficient runner. The PreHab Exercise Book for Runners contains hundreds of exercises to strengthen your joints,

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