



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

Michael Rosengart

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The **PreHab Exercise Book for Runners** is a comprehensive guide that will teach you how to prevent injuries, run longer and run faster. Just imagine having a running book that could help you create your own training program, prevent injuries and keep you on your feet for a long time to come.

- The **PreHab Exercise Book for Runners** helped one reader, Tom, return to his love of competing in triathlons. This 50-year old investment banker was presumably sidelined from running forever after he torn his patella running. Rehab only took Tom so far. Yet, he wanted to run again and search for some books on strength training. Instead, Tom found this exercise book and started to incorporate PreHab exercises into his training. Weeks later, Tom was back to running without any pain in his knee too. A few of months later, Tom was back to competing in triathlons and his times were steadily improving all because of PreHab!
- Author Michael Rosengart is another example of the success of PreHab. While playing college football, Michael had the unfortunate experience of rupturing his Achilles twice and breaking his other leg for which he received a plate and six pins to mend it. These injuries sidelined Michael from running for years until he learned about of PreHab in a seminar with the **National Strength & Conditioning Association**. Soon enough, Michael was able to run again and run fast.

Despite his previous injuries, Michael was able to run a six-minute mile and reduce his 5K time by 3 minutes in only 30 days all because of the PreHab exercises and techniques in this book.

- In fact, PreHab plays an important role in preventing injuries for runners too. The **American Academy of Rehabilitation Medicine** reports that as much as 70% of all runners will suffer an injury due to the repetitive stress or overuse syndrome that occurs in running. The PreHab exercises in this book will help runners to reduce the risk of these types of injuries as well as help prevent falls or trips that may occur once fatigue starts to set in. Take action now to keep the runner in your life on their feet and avoid being sidelined by injury.

PreHab Exercise Book for Runners has hundreds of exercises that will assess your biomechanics and provides specific routines that will help improve your alignment, mobility, stability and strength. Additionally, every exercise in this book is accompanied with a detailed illustration depicting both form and action involved in order to help you get it right- and get better. From beginning to end, this book is about helping you get better with the way that you run. *So, stay on track and prepare to perform with PreHab!*

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From reader reviews:

Bertha Costa:

Have you spare time for the day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a walk, shopping, or went to typically the Mall. How about open as well as read a book allowed PreHab Exercise Book for Runners - Third Edition: Prepare to Perform? Maybe it is to become best activity for you. You already know beside you can spend your time together with your favorite's book, you can better than before. Do you agree with its opinion or you have different opinion?

Christi Ross:

As people who live in typically the modest era should be update about what going on or info even knowledge to make these people keep up with the era that is always change and make progress. Some of you maybe may update themselves by reading through books. It is a good choice in your case but the problems coming to a person is you don't know what one you should start with. This PreHab Exercise Book for Runners - Third Edition: Prepare to Perform is our recommendation to cause you to keep up with the world. Why, because book serves what you want and need in this era.

Carole Clark:

People live in this new day time of lifestyle always attempt to and must have the spare time or they will get lot of stress from both way of life and work. So , once we ask do people have time, we will say absolutely of course. People is human not really a huge robot. Then we request again, what kind of activity are there when the spare time coming to you of course your answer may unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, the book you have read is definitely PreHab Exercise Book for Runners - Third Edition: Prepare to Perform.

Kimberly Towe:

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