

Anatomy of Running: A Guide to Running Right



Filesize: 1.83 MB

Reviews

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Germaine Welch)

ANATOMY OF RUNNING: A GUIDE TO RUNNING RIGHT



Hinkler Book Distributors, Australia, 2013. Paperback. Book Condition: New. 256 x 195 mm. Language: N/A. Brand New Book. Anatomy of Running is a detailed workout guide for runners that includes a comprehensive exercise program devised to strengthen and stretch the muscle groups used in running and jogging. The book begins with stretches that both warm you up before a run and cool you down after, then continues on to the primary muscles that propel you while running the quadriceps, hamstrings, glutes and hip flexors. The last section covers the secondary muscle groups that help support and balance you whilst running. Alongside each exercise you will find remarkable, true-to-life anatomical illustrations showing exactly which muscles of the body are targeted by the movement. Illustrated step-by-step instructions demonstrating how to perform each exercise are complemented by useful tips on how correctly execute the movement and what to avoid.



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