

## Anatomy of Running: A Guide to Running Right



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### ***Reviews***

*The publication is fantastic and great. It can be rally exciting throgh reading period of time. I am just very happy to inform you that this is the greatest publication i actually have read in my very own daily life and could be he very best ebook for at any time.*

***(Prof. Alvis Wuckert)***

## ANATOMY OF RUNNING: A GUIDE TO RUNNING RIGHT



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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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