

The Runner's Toolbox: Run Faster - Prevent Injuries (Volume 1)

Mr. Michael Rosengart

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The Runner's Toolbox: Run Faster - Prevent Injuries (Volume 1) Mr. Michael Rosengart A running program with Prehab exercises that helps lower race times, improve body mechanics and prevent injuries. Created by NSCA Strength and Conditioning Specialist Michael Rosengart and includes exercise illustrations, nutrition information, training calendars and personal stats worksheets in order to track your progress.



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