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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,...

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- Authored by Philip Striano
- Released at 2013



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