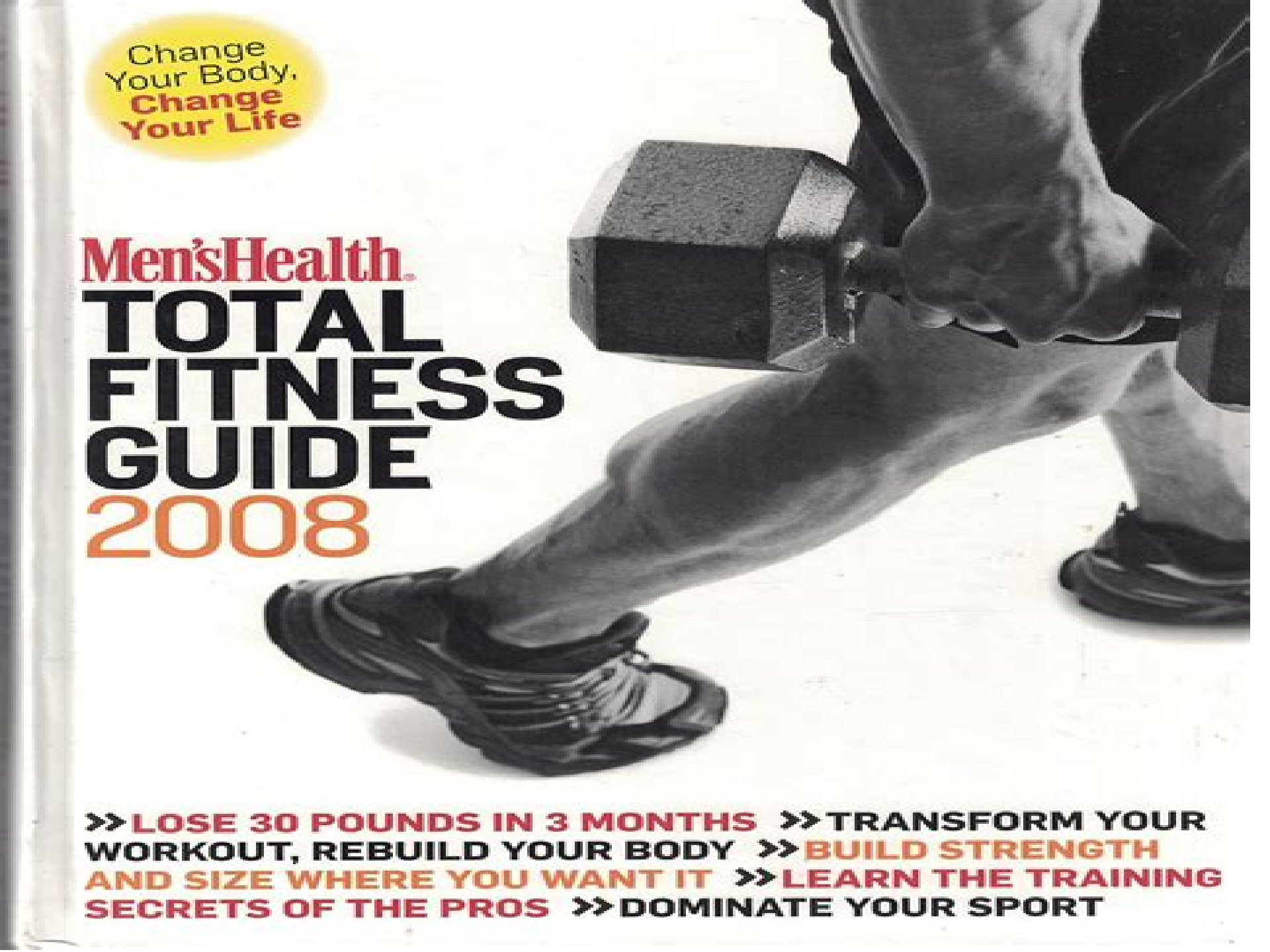




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Runner's World Your Best Stride Jonathan Beverly,2017-06-13 Run the Way You Were Born to Run Every runner wants a smooth light powerful and resilient stride But there isn t one ideal form all runners should try to emulate Instead research and experience show that people can run effectively in a wide variety of patterns with some universal elements In lively accessible prose author Jonathan Beverly details his search for common ground among physical therapists podiatrists biomechanics researchers and coaches and reveals how individual runners can apply those principles and improve their performance avoid injury and enhance their enjoyment on the run With specific illustrated exercises that show how to counteract tight muscles from excessive sitting improve limited arm mobility from hunching over electronic devices strengthen your feet for better balance and improve speed by lengthening your stride Runner s World Your Best Stride is an approachable guide to human movement and a practical tool for improved running performance

The Complete Guide to Strength Training 5th edition Anita Bean,2015-09-24 The Complete Guide to Strength Training is the ultimate resource for anyone wanting to increase strength and re sculpt their body This updated 5th edition includes New exercises and workouts Brand new photos and detailed descriptions of more than 100 exercises Programmes for increasing strength muscle and explosive power Fat loss workouts Bodyweight based workouts Plyometric training Up to date cutting edge nutrition and supplementation advice for gaining muscle and reducing fat Featuring proven training programmes and evidence based nutritional guidance it delivers comprehensive workouts for beginners intermediates and elite athletes

The Bike to Work Guide Roni Sarig,Paul Dorn,2008-11-17 Biking to work can save someone loads of money and lots of calories all the while the earth too But bike commuting isn t always easy there are many things a rider needs to know to get to work on time safely and happily Expert bikers Roni Sarig and Paul Dorn teach potential bikers the tips and tricks to traveling to and from work From buying the right bike to fueling the body to road safety this all inclusive primer will get bikers on the road in no time Whether someone is buying a first bike or is a bicycle enthusiast this book will teach how to buy the right equipment pick a route weather proof

the ride maintain the bike follow traffic laws and ride safely and enjoy the experience Like a roadmap for the future this guide teaches bikers how to make a difference in their bodies wallets and communities and get to work today **A**

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