



HOW TO GET BACK TO RUNNING AFTER AN INJURY

Prehab For Injury Running Enzofederico

Michael Rosengart



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Prehab Exercise Book for Runners Michael Rosengart,2013-06-04 You re a runner if you put one foot in front of the other to compete in a race go for a training run or just stay in shape Running is a highly effective way to burn calories and develop cardiovascular strength and endurance But it s also a high impact activity that can hammer away at your joints and take a toll on your body But it doesn t have to PreHab Training for runners developed by NSCA Certified Strength and Conditioning Specialist Michael Rosengart is designed to help runners and athletes prevent injury strengthen joints and improve performance And if you re sidelined from running because of an injury PreHab can get you back on track too The PreHab Exercise Book for Runners was developed by Michael Rosengart based on his personal experience with running related injuries that forced him to take a closer look at his approach to running He s also a coach and personal trainer who has helped thousands of athletes stay in the game based on this training program The PreHab Exercise Book for Runners will show you how to evaluate your own body mechanics and eliminate any weaknesses or imbalances in your form and technique If you re just taking up running enjoy going for a jog on the weekends compete in races or coach runners and athletes this comprehensive guide of conditioning exercises is a must have tool to help you be a better runner by strengthening your joints improving body mechanics and reducing your risk for injury You ll get easy to use scorecards to test your mobility and joint health to evaluate your biomechanics with a series of simple exercises Based on your results you can incorporate the recommended exercises into your training program to help you be a more efficient runner The PreHab Exercise Book for Runners contains hundreds of exercises to strengthen your joints muscles and core strength in a user friendly format with full color illustrations personal worksheets and color coded chapters for easy navigation between exercise sections Make PreHab part of your training plan and you ll be on your way to running longer and running faster *PreHab Exercise Book for Runners - Third Edition* Michael Rosengart,2013-06-04 You re a runner if you put one foot in front of the other to compete in a race go for a training run or just stay in shape Running is a highly effective way to burn calories and develop cardiovascular strength and endurance But it s also a high impact activity that can hammer away at your joints and take a toll on your body But it doesn t have to PreHab Exercise Book for Runners is designed to help runners and athletes prevent injuries strengthen their bodies and improve performance And if you re sidelined from running because of an injury PreHab can get you back on track too The PreHab Exercise Book for Runners was developed by Michael Rosengart CPT CES CSCS based on his personal experience with running related injuries that forced him to take a closer look at his approach to running He s also a coach and personal trainer who has helped thousands of athletes stay in the game based on this training program The PreHab Exercise Book for Runners will show you how to evaluate your own body mechanics and eliminate any weaknesses or imbalances in your form and technique If you re just taking up running enjoy going for a jog on the weekends compete in races or coach runners and athletes this comprehensive guide of conditioning exercises is a must have tool to

help you be a better runner by strengthening your joints improving body mechanics and reducing your risk for injury You ll get easy to use assessments to test your mobility and stability as a quick way to evaluate your biomechanics and create a successful training program for yourself Based on your results you can incorporate the recommended exercises into your training program to help you be a more efficient runner The PreHab Exercise Book for Runners contains hundreds of exercises to strengthen your joints muscles and core strength in a user friendly format with detailed illustrations personal assessments and themed exercise sections Make PreHab part of your training plan and you ll be on your way to running longer and running faster

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