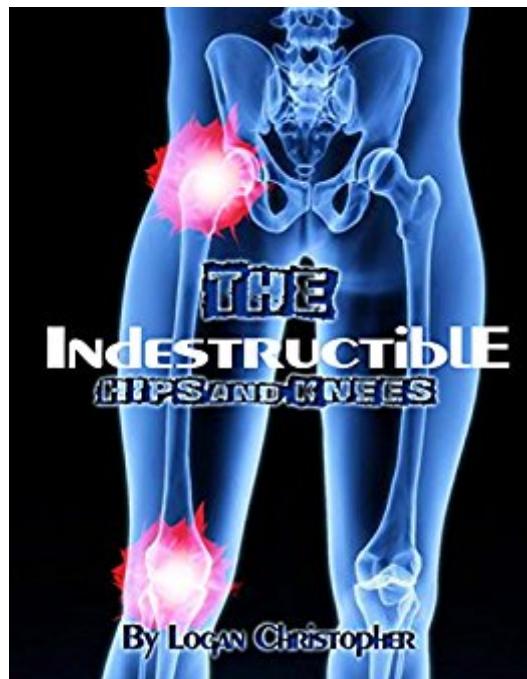


The book was found

Indestructible Hips And Knees (The Indestructible Body Book 2)



Synopsis

This isn't just about flexibility. This isn't just about mobility. This isn't just about strength and stability. It's about all of the above and more. It's also about strengthening your weak points and those not often used ranges of motion. The sad fact is that most people's training is very limited in scope. The Indestructible Body program aims to change that and create better and healthier movement along the way. The Indestructible Body Series is about building your body to the point of being injury proof. Not only will these exercises and drills help you to prevent future injuries, but the same methods are used to rehab old and often times chronic injuries. Yes the same things that are great for rehab can be great for prehab too. What derails more people from working out than any other thing? Definitely at the top of the list is injuries. Everything is going along fine, until one day, something happens. For many people this shuts down what they're doing. While there are ways to work around an injury, there is no doubt that any injury can set you back. When you're pursuing a goal, as long as you're making progress, and can avoid any sort of injury, you should be able to continually get better. Smart training is required, and part of that smart training is in preparing your body properly for what you do. If you have an injury it can make you feel like an incomplete person. Certain injuries are definitely worse than others. Anyone that has ever tweaked their back knows just how debilitating that can be. When it is hard to move, like walking or getting up out of bed, it's very tough to think about athletic training. Therefore, we need to do the right things to help us become indestructible. This series is broken up into a number of areas of the body: Indestructible Elbows, Wrists and Fingers, Indestructible Shoulders, Indestructible Spine and Neck, Indestructible Hips and Knees, Indestructible Ankles and Feet. A certain course can be used just where you need work, or you can alternate through all the courses over time, to build up the "indestructibility" throughout your body. And as the title suggests this book is all about maximizing what your hips and knees can do. Forget getting these parts replaced. Move them properly instead and you won't need to. Find out more from Logan Christopher at www.LegendaryStrength.com

Book Information

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Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports)

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