

Explosive Running, 2012, Michael Yessis, 0981718078, 9780981718071, Ultimate Athlete Concepts, 2012

Many runners have bought better shoes or spent longer hours on the track trying to improve, only to end up frustrated with back and leg pain. But the secret to improving is simple - your stride is only as good as your physical abilities allow. In explosive running, Dr Michael Yessis, a respected sports fitness expert, demonstrates the method he has used successfully with thousands of runners. His methods consist of three overlapping steps all runners should go through in order to improve their performance and make the transition to effective, efficient, and faster running.

--Book Description.

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Yessis Translation Review, Volumes 1-5 , Michael Yessis, 1970, Education, . .

Getting Stronger Weight Training for Men and Women : Sports Training, General Conditioning, Bodybuilding, Bill Pearl, 2001, Sports & Recreation, 429 pages. Looks at the history of bodybuilding, and discusses equipment, nutrition, and injuries..

Supertraining , Yuri Verkhoshansky, Mel Cunningham Siff, 2009, Sports & Recreation, 590 pages. The shock method * The development of adaptation process during the long term sport activity * The "compensatory adaptation" * Current Adaptive Reserve of the human organism.

Explosive Running Using the Science of Kinesiology to Improve Your Performance, Michael Yessis, 2000, Medical, 173 pages. Dr. Yessis, a renowned fitness expert, goes beyond miles and minutes as he breaks down the mechanics of running and offers exercises that specifically work the muscles used..

Yessis Review of Soviet Physical Education and Sports, Volumes 12-13 , , 1978, Education, . .

The Complete Book of Core Training The Definitive Resource for Shaping and Strengthening the 'Core' -- The Muscles of the Abdomen, Butt, Hips, and Lower Back, Kurt Brungardt, Brett Brungardt, Mike Brungardt, Jan 11, 2006, Health & Fitness, 368 pages. Introduces a simple but effective nine-week program that includes more than one hundred exercises and workouts appropriate for both beginners and fitness enthusiasts of all.

The Complete Book of Food Counts , Corinne T. Netzer, 2009, Health & Fitness, 921 pages. Provides nutritional information on thousands of generic, brand-name, and fast-food items, including up-to-date lists of calories, carbohydrates, cholesterol, sodium, protein.

Technical Drawing , David L. Goetsch, William Chalk, John A. Nelson, 2000, Technology & Engineering, 1054 pages. The best-selling Technical Drawing is now updated and better than ever, providing you with complete coverage of the drawing skills and information you need for a successful.

Explosive Basketball Training , Michael Yessis, Jan 1, 2003, Sports & Recreation, 176 pages. Noted author, consultant and sports conditioning & training specialist Michael Yessis synthesizes years of cutting-edge physical training expertise into one easy-to-read and.

Getting Back in Shape 32 Workout Programs for Lifelong Fitness, Bob Anderson, Jeff Galloway, 2007, Health & Fitness, 227 pages. Four world-class athletes co-author the world-class book on getting fit:* Bill Pearl, 4-time Mr. Universe - weight training* Bob Anderson, author of STRETCHING - how to stretch.

Essentials of Kettlebell Lifting - Beginner to Expert Weekend Warrior to Special Forces , Nicolas Rithner, 2011, Health & Fitness, 190 pages. "Essentials of Kettlebell Lifting - From Weekend Warrior to Special Forces" is a must have for those who are serious about incorporating kettlebells in their training regime.

Anatomy for Strength and Fitness Training , Mark Vella, 2008, Bodybuilding, 144 pages. Anatomy for Strength and Fitness Training is a referencebook that offers the reader more than just the 'how to' of exercise and training. Using detailed anatomical illustrations.

Soviet Sports Review, Volumes 14-15 , Michael Yessis, 1979, Physical education and training, . Specializing in track and field, volleyball, soccer, and weightlifting plus general training and sports medicine..

Australian reminiscences & papers of L. E. Threlkeld., Volume 40, Part 1 , Lancelot Edward Threlkeld, Niel Gunson, 1974, Religion, 382 pages
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From the beginning of World War Two RAF Bomber Command had been the only means of striking Hitler's Reich and its war machine. The entry into the war of the United States and Fashion Marketing , Janet Bohdanowicz, Liz Clamp, Jan 1, 1994, Business & Economics, 177 pages

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Circle Time for the Very Young , Margaret Collins, 2007, Education, 153 pages. Visit the author's own website here! '...a fantastic resource for engaging young children in circle time activities... This book will prove to be an invaluable resource for any Anne Frank Study Guide and Student Workbook , BMI Staff, Nicholas Corallo, Sep 1, 2010, Fiction Dual Embrace , Lorna Jean Roberts, May 8, 2013, Fiction, . Shadowpeak Wolves, Book 3 Feisty, independent Dusty lives for her job as a Shadowpeak pack enforcer. She doesn't have room in her life for romance or happily-ever-afters.

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Inside Local Television News , Richard J. Goedkoop, 1988, Reference, 166 pages
Montgomery Auditing Continuing Professional Education , Patrick J. McDonnell, Barry N. Winograd, James S. Gerson, Henry R. Jaenicke, Aug 13, 1999, Business & Economics, 694 pages. Despite the stability of auditing standards, the auditing profession is entering a phase of dramatic change. The basic value of the core service of the profession - audits

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XML and Java Developing Web Applications, Hiroshi Maruyama, 2002, Computers, 661 pages. Fully revised to cover the latest standards and technologies, "XML and Java(TM), Second Edition" provides the practical solutions developers need to design powerful andMolybdenum chemistry of biological significance, Volume 1979 , William Edward Newton, Sei Otsuka, 1980, Science, 425 pages

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The new consciousness selected papers of Richard Maurice Bucke, Richard Maurice Bucke, John Robert Colombo, Cyril Greenland, 1997, Philosophy, 400 pages
Like Shaking Hands with God A Conversation about Writing, Kurt Vonnegut, Lee Stringer, Jan 4, 2011, Language Arts & Disciplines, . Like Shaking Hands with God details a collaborative journey on the art of writing undertaken by two distinguished writers separated by age, race, upbringing, and education, but Albion's Seed Four British Folkways in America, David Hackett Fischer, 1989, Fiction, 946 pages. The first volume in a cultural history of America examines the different lives and customs of the first groups of immigrants to America and assesses the importance of those Describes the symptoms and spread of the severe respiratory illness and discusses treatments, preventive measures, and the search for a cure.

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The Wedding Book *The Big Book for Your Big Day*, Mindy Weiss, 2008, Reference, 485 pages. Provides a comprehensive guide to planning a wedding, including contract negotiations, creating a budget, planning guest lists, and obtaining a marriage license

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