

PreHab Exercise Book for Runners - Third Edition: Prepare to Perform

By Michael Rosengart

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The **PreHab Exercise Book for Runners** is a comprehensive guide that will teach you how to prevent injuries, run longer and run faster. Just imagine having a running book that could help you create your own training program, prevent injuries and keep you on your feet for a long time to come.

- The **PreHab Exercise Book for Runners** helped one reader, Tom, return to his love of competing in triathlons. This 50-year old investment banker was presumably sidelined from running forever after he torn his patella running. Rehab only took Tom so far. Yet, he wanted to run again and search for some books on strength training. Instead, Tom found this exercise book and started to incorporate PreHab exercises into his training. Weeks later, Tom was back to running without any pain in his knee too. A few of months later, Tom was back to competing in triathlons and his times were steadily improving all because of PreHab!
- Author Michael Rosengart is another example of the success of PreHab. While playing college football, Michael had the unfortunate experience of rupturing his Achilles twice and breaking his other leg for which he received a plate and six pins to mend it. These injuries sidelined Michael from running for years until he learned about of PreHab in a seminar with the **National Strength & Conditioning Association**. Soon enough, Michael was able to run again and run fast.

Despite his previous injuries, Michael was able to run a six-minute mile and reduce his 5K time by 3 minutes in only 30 days all because of the PreHab exercises and techniques in this book.

- In fact, PreHab plays an important role in preventing injuries for runners too. The **American Academy of Rehabilitation Medicine** reports that as much as 70% of all runners will suffer an injury due to the repetitive stress or overuse syndrome that occurs in running. The PreHab exercises in this book will help runners to reduce the risk of these types of injuries as well as help prevent falls or trips that may occur once fatigue starts to set in. Take action now to keep the runner in your life on their feet and avoid being sidelined by injury.

PreHab Exercise Book for Runners has hundreds of exercises that will assess your biomechanics and provides specific routines that will help improve your

alignment, mobility, stability and strength. Additionally, every exercise in this book is accompanied with a detailed illustration depicting both form and action involved in order to help you get it right- and get better. From beginning to end, this book is about helping you get better with the way that you run. *So, stay on track and prepare to perform with PreHab!*

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
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Editorial Review

From the Author

'If you enjoy running, like I do, this book is for you. I love to run and as a strength coach, I made it a point to create a program that would allow me to run as much as I wanted to after the injuries I had playing football. I had broken a leg and ruptured my Achilles- twice- and even though I completed the required rehab, I still experienced limitations whenever I would run.

I tried many different things to help me run again and also reduce the risk of injury. Then I found PreHab through a seminar with NSCA and I was able to run again - and run fast.

PreHab brought my focus in training to my own biomechanics- how well was I actually moving to begin with, and I quickly saw how my body was still compensating for my past injuries. Quickly, I change up my approach.

Instead of training harder, I began to focus on the quality of movements. I selected a host of PreHab exercises to improve my alignment and mobility. Then I focused on Activating essential muscles and creating more stability in my Gait. In a very short time, PreHab helped me to run again and run fast like I used to!

*I wrote the **PreHab Exercise Book for Runners** to help other people have the same success as I did. I have listed hundreds of different PreHab exercises in this book and deep down, I believe that every runner should have a book like this to guide them in their training because I think everyone should enjoy running!*

*-Michael Rosengart, CSCS
Author*

From the Back Cover

Lace up your running shoes and hit the trail. Hustle down the soccer field to score a goal. Blaze your way through a sea of defenders for a touchdown. Or go for a personal best at an organized race. Running is the key ingredient that will help you achieve your goal.

But there's more to running than just putting one foot in front of the other. Injuries, biomechanical deficiencies, and lifestyle factors can limit your ability to run your best. And that's exactly what Certified Strength and Conditioning Specialist Michael Rosengart tackles in the *PreHab Exercise Book for Runners*.

You'll learn how to complete self-assessments to measure alignment and develop a better understanding of how your body moves when you run. You'll also find hundreds of illustrated PreHab exercises and techniques to help you correct imbalances, build muscle strength, train your body to run faster and more efficiently, and reduce your risk for injury.

Your starting line to running faster, longer, more efficiently, and injury-free begins here. On your mark, get set, go...

I just finished a 100-mile ultramarathon. I ran a lot of miles in training. But I also included specific PreHab exercises recommended by Coach Rosengart that helped me reach the finish line. - Evan J.

I was sidelined with a knee injury from distance running. After a few short months of PreHab training, I'm running again and feel stronger than ever. Michael is extremely knowledgeable about the body, its needs, and performance. - Tom A.

I sit at a desk for many hours a day at work. This book has all the tools I need to keep my running performance going in the right direction. The PreHab exercises have helped me tackle several ailments that were limiting my ability to train. - Joel S.

This book is full of great tips. Very informative. Perfect for both the beginner and those who have been running for awhile. - Brenda Y.

About the Author

Michael Rosengart is a Strength Coach and has been coaching athletes and training clients since 2000. Michael loves helping people achieve success! His training method places a large focus on PreHab exercises and techniques, because preparation is a key ingredient to a great performance. Michael was introduced to PreHab through a seminar with the *National Strength and Conditioning Association*. 'It's a method of preparing to perform by focusing on how the body moves,' Michael says. PreHab exercises aim to improve Alignment, Mobility, Activation, Stability and Strength.

Michael attempts to streamline PreHab for runners in his book, the **PreHab Exercise Book for Runners**. He uses his own exercise illustrations in order to help the reader understand the form and alignment. He also provides personal narratives to help explain exercise techniques because he wants people to understand the 'why' behind the 'how.'

'I write these books,' Michael says, 'because I love movement and there is nothing more amazing than a person moving very well and performing at a high level. In addition to that, I love helping people achieve their goals- be triumphant. For example, one of my clients was a fifty-one year old investment banker, who was recovering from a partially torn Patella tendon. He said he just wanted to run again without pain. Well, we got him to run a 5K in only a couple of weeks of working together and that really ignited a deeper drive in him. 5 months later, he completed his third triathlon since we started working together and he complete the 10K of that race at a faster pace than his first 5K with me. In other words, he double his distance and lowered his time after completing the swim and bike portions- with no pain. It's stories like this that I love coaching!'

In addition to being a strength coach for a college football team, Michael also authors the PreHab Exercise blog that can be found at prehabexercises.com.

Users Review

From reader reviews:

Melissa Conner:

Have you spare time for the day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to the particular Mall. How about open or read a book titled PreHab Exercise Book for Runners - Third Edition: Prepare to Perform? Maybe it is to become best activity for you. You recognize beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have other opinion?

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