

# Anatomy For Runners: Unlocking Your Athletic Potential For Health, Speed, And Injury Prevention [Paperback] [2012] (Author) Jay Dicharry By Jay Dicharry

By Jay Dicharry

Anatomy for Runners. Unlocking Your Athletic Potential for Health, Speed, and Injury Prevention. Jay Dicharry, Jay Dicharry. Paperback (Trade paperback

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Well, the formal announcement is finally here, gang. I m proud to announce my book Anatomy for Runners: unlocking your athletic potential for health, speed, and

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