



Backwards Running (Paperback)

By Robert K Stevenson

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The secret is out: there s a new way to run and jog which you can start benefiting from today. This new form of exercise is backwards running. For years backwards running has been practiced by a small but dedicated group of athletes. Many of these athletes are now champions in their respective sport. That this is so is no accident; for athletes who have incorporated backwards running into their workouts almost unanimously agree that the exercise gets you in super condition, and saves you time in doing so. This fact is very important since too many people-athletes and non-athletes alike-are not in good enough physical condition to enjoy life and sports the way they should. Such people often feel sorry for themselves, and will frequently complain to anyone who will listen about all their aches and pains and illnesses. Sometimes the negative atmosphere these people seem to love to create gets so overwhelming that no one within hearing distance can escape the depressing effects. One effective way, however, for you to rise above all this negativism and avoid the rut which produces...



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