



# Running with the Whole Body: A 30-Day Program to Running Faster with Less Effort

*Jack Hoggie*

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*Jack Heggie*

## **Running with the Whole Body: A 30-Day Program to Running Faster with Less Effort** Jack Heggie

In *Running with the Whole Body*, Heggie proposes a thirty-day exercise program that will not only prevent you from injuring yourself in a new way, but enable you to become a smoother, and more powerful runner. The exercises presented isolate the workings of the various parts of the body to show how each part of the body balances and works in concert with the others. The result is a body whose torso, hips, pelvis and shoulders all move freely in the act of running. You will discover how to unleash the power of the large, strong muscles of the hips, spine and shoulders to power your running.

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