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Framework: Your 7-Step Program for Healthy Muscles, Bones, and Joints

By Nicholas Dinubile, William Patrick

Rodale Press. Paperback / softback. Book Condition: new. BRAND NEW, Framework: Your 7-Step Program for Healthy Muscles, Bones, and Joints, Nicholas Dinubile, William Patrick, A renowned orthopedic surgeon provides the first medically proven fitness program designed to help prevent the #1 reason for doctor visits in the United States--bone and joint problemsFitness can't be just about a healthy heart or looking good in a swimsuit. After all, low cholesterol and a flat stomach won't get you very far if back or neck problems, or a worn out knee or shoulder, keep tripping you up.This first-of-its-kind program is designed to ensure that your frame can go the distance, with durability to match the muscle tone and conditioning we all want. And unlike other workouts, Framework starts with a unique self-test that uncovers potential problems with your frame, your workout, your nutrition, and more. It even combines diet and lifestyle advice with a balanced, customizable workout that acknowledges the fact that our bodies are all a little different and often need special attention. It teaches you to pay attention to what your body tries to tell you, and when it is being challenged by a special problem, whether it is a heel...



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