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# Guided Muscles For Winning Sports



## Synopsis

DOWNSIDE TO PRESENT FITNESS ELIMINATED Aerobics, sports and exercise has an unknown disastrous downside. It is the tension from most muscles in your body. Everyone contracts all muscles against each other to create movement, when only a few do the movement. Others resist it, and also cut off blood flow and breathing. Experts advice made you worse. Guided MusclesSM form, based on narrowed down physical laws, has you relaxing most of your muscles immediately after learning them. You can start walking and running faster, have greater sports swing speed, aim better, and lift greater loads. All with greater circulation and respiration. Better than credentials, here's an immediately convincing example: Dropping your feet consistently at the same spot, is the only thing that keeps you in place with the frame of the treadmill. Not a push with muscles. Drop your feet more to the rear, and your speed increase to bump you into the front of the treadmill. Drop your feet more to the front, and your speed decreases to send you off the back of the treadmill. Your legs act as vaulting poles when you just land and stand still while the hip rests on it and gets vaulted straight ahead by momentum and gravity. Everything in this book works immediately like this example, others never do.

## Book Information

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## Customer Reviews

Being just an average runner, and middle age to boot, I am always reading different books to try to gain some improvement in my running. Lord knows I can use it. After purchasing the book and reading the section on running, it left me so totally confused on what Mr. Nirenstein was trying to

say. It has no clear or easy method of explaining his style. I was left absolutely confused and in the dark. And trying to find a websight or email address to send a letter asking for some help is virtually non existent. There is no help available. Thinking maybe it was just me, I had my two college attending daughters, (one an athlete), read the article and try to make sense of it. Negative results. They could not undestand what he is saying. My suggestion is to save your money.

I read this book primarily for the chapter on running, so my review pertains only to that subject. Mr. Nirenstein takes a refreshing look at the theory of the mechanics of running, and how to use that theory to run faster, longer, and without injury. While I would not completely agree with the author's criticisms of the works of other writers regarding running form and mechanics, I think his points that 1) it is gravity combined with momentum that keeps a runner's body moving forward, 2) the planted leg acts as a vaulting pole (as in pole vault) are very valid and enlightening. He goes on to describe what one should do to facilitate and take advantage of gravity, momentum, and the vaulting process. He also tells how NOT to run, in order to save energy and avoid injuries. Just his caution against an over-forceful pushing off with the planted leg would have saved me several hamstringing injuries. The author's writing style required me to read and re-read his descriptions and instructions several times, and I really had to try to picture in my mind what he was saying. But I will testify that it was worthwhile reading. Following Mr. Nirenstein's cues, I am running consistently and steadily increasing my mileage without injury for the first time in years. Also, after reading this book and digesting what was being said, I noticed that the elite runners I watched on TV, especially those marvelous African marathon and 10-K runners, seemed to be doing exactly what the author was describing. (I doubt that many, if any, of the elite runners had read this book, but it reinforced my conviction that the author was 'on to something'.) You probably don't need to read this book if you are young and a 'natural' runner who has never suffered a running injury. But if you are getting older or have had repeated injuries, or can't seem to increase your mileage or speed, this book will be very helpful. You will have to read the passages several times, though.

I am an avid exerciser who hates to run. Mr. Nirenstein's principles have kept me on the treadmill, able to run, and motivated. His technique of dropping the feet to the rear has helped me increase my overall speed, and my speed during interval training. The vaulting pole technique has helped me with my imagery. I feel like I have increased circulation. Overall, I would recommend this book.

This book has no practical value for any athlete. Many of the principles expressed are either

irrelevant or simply not true. For example, that a shorter stride will increase speed or that walking on heels is painful. I read this whole book and it did not help me one bit.

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