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Phil Wharton is the author of The Whartons' Stretch Book (4.19 avg rating, 80 ratings, 11 reviews, published 1996), The Whartons' Strength Book (4.17 avg

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The Whartons' Strength Book: Lower Body is your resource for muscular rebalancing and joint-integrity strengthening for the following regions: Upper Legs, Hips, Trunk

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Strength training for runners: single-leg

This activation will realign your body and create more stability, says noted musculoskeletal therapist Phil Wharton, co-author of The Whartons Strength Book

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