



## 6 FOR RUNNERS VOL. 2

The Ultimate 6 Performance Enhancement Points for Runners: Efficient biomechanics will increase a runner's ability to perform. By manipulating the 6 key areas of the body that influence biomechanics the most, our tools enable you to achieve structural integrity. This creates the platform for injury prevention and optimal performance.



Contact us with questions, for educational information, and to order Trigger Point Performance Therapy products.

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