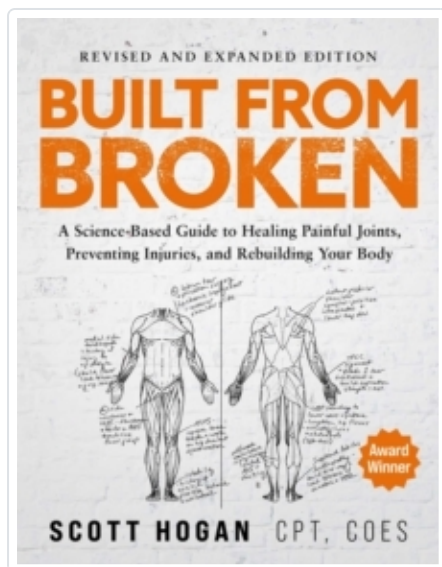


Built From Broken



Editorial	Authors Equity
Matèria	Medicina
EAN	9798893311433
Estat	Disponible
Enquadernació	Rústica
Pàgines	384
Mida	276x213x0 mm.
Weight	1043
Language	Inglés
Price (Tax inc.)	30,15€
Release date	12/03/2026

Hogan, Scott

SINOPSI

National Bestseller. Revised & Expanded 2026 Edition. Heal painful joints, prevent injuries, and rebuild your body from the ground up.

(If mainstream fitness advice has left you broken down and beat up, it's time for a new strategy.) Most middle-aged fitness enthusiasts and athletes have been dragged down by joint pain, injuries, and other ailments commonly accepted as "part of getting older." But it doesn't have to be this way. In fact, anyone can conquer joint pain and rebuild their body. It simply requires understanding the hidden causes and a road map (this book) that leads to the solution.

Built from Broken presents a paradigm shift in how to think about corrective exercise, sports nutrition, and joint health. Once you see how the system works, you'll never look at exercise or joint health the same way again. Part 1 lays the foundation for understanding why your joints are breaking down.

You'll learn: The 5 primary causes of joint pain. How to prevent the "Big 3" injuries that trap you in the Pain/Injury Cycle. Why conventional pain management merely masks symptoms.

How to identify and fix muscle imbalances that lead to tension, pain, and injuries. Natural injury recovery strategies that improve healing time and tissue repair quality. Part 2 gives you a step-by-step corrective exercise guide and list of action steps to rebuild your body from the ground up.

Including: The ideal training schedule to maximize muscle recovery. Illustrated corrective exercise instructions. How to strengthen joints with cutting-edge connective tissue training techniques.

A step-by-step training program complete with workout routines. In this Second Edition, you'll notice these improvements: Updates to the program implementation section for ease of real-world application. An Exercise Appendix with page numbers for each exercise in the book. A brand-new Foundations Program for those not experienced in fitness training.

Clarification on key details such as pain rating scales, exercise tempos, naming consistency, and guidance on uncommon joint pains....