



FALL 2024

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FALL 2024

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WHO IS MEYER & MEYER SPORT?

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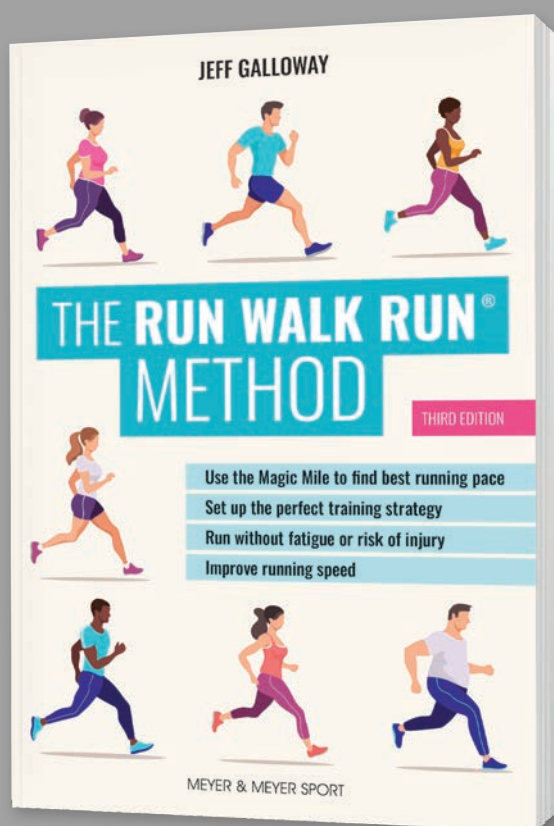
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THE RUN WALK RUN® METHOD

THIRD EDITION

SEPTEMBER 2024



The third edition of bestseller *The Run Walk Run® Method*, by running coach, Jeff Galloway! With his Run Walk Run® method, Jeff has helped hundreds of thousands of walkers and runners achieve their goals. Jeff's plan uses a combination of running and walking intervals that help each person run their desired distance and achieve their goal times. The method is low mileage and can fit into any schedule.

Here, Jeff not only outlines how to Run Walk Run®, but he also explores the mental and physical benefits of training. He provides a training plan to get beginners started and tips on how to find one's own Magic Mile time, how to set up a running strategy, and how to train mental strength. He also includes advice on running technique, using drills to run better, troubleshooting aches and pains, preparing for and finishing a race, and more. Jeff Galloway believes everyone is designed to run and walk, and he helps them to keep moving and enjoy the exercise with his book, *The Run Walk Run® Method*.

JEFF GALLOWAY was an average teenage runner who kept learning and working hard until he became an Olympian. He is the author of the bestselling running book in North America (*Galloway's Book on Running*) and was a *Runner's World* columnist for more than 20 years, as well as an international speaker for more than 200 running and fitness sessions each year. His Run Walk Run® program has inspired millions to run and improve their running. His program's 99% success rate is based on Jeff's success with more than 500,000 runners.

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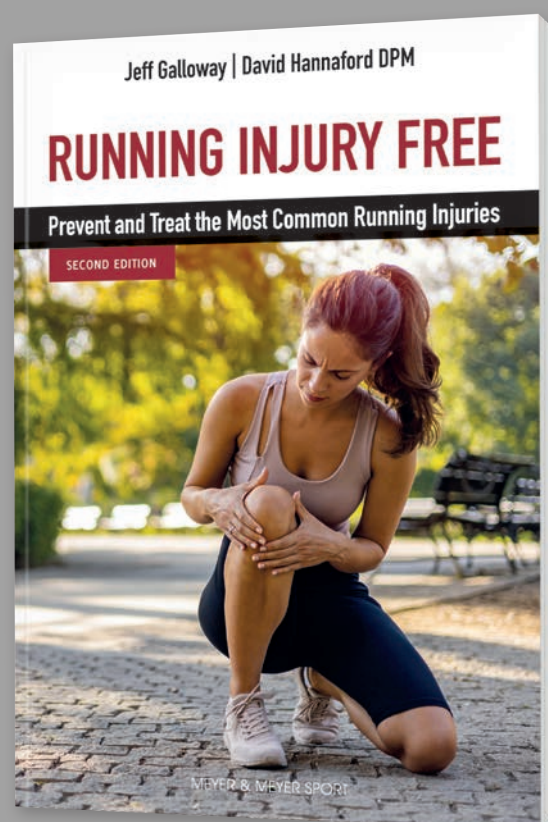
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FEBRUARY 2025

Running Injury Free, Second Edition, brings every runner the best advice for preventing and treating injuries, helping them to run without pain. With this book, runners discover what can lead to injury and how to prevent it through specific training techniques. It includes expert advice from an orthopedist on how to correctly treat those injuries runners typically experience. This book, brought to readers by Jeff Galloway, creator of the proven Run Walk Run® method, offers the best tips on avoiding and treating injuries and also includes a special section on how to return to training after an injury.

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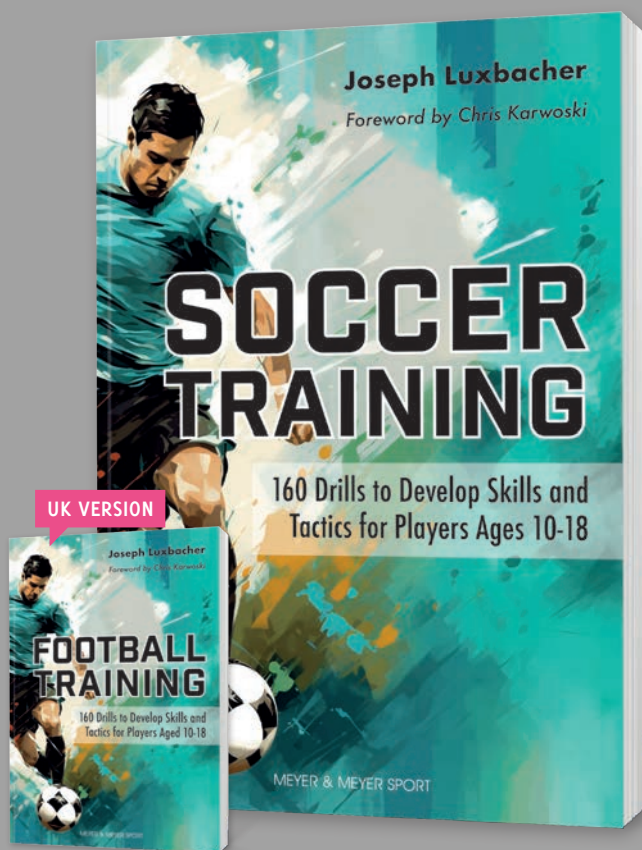
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JOSEPH A. LUXBACHER has more than 30 years of experience in highly competitive athletics. He holds a PhD in Health, Physical and Recreation Education from the University of Pittsburgh. Luxbacher has earned the "A" Coaching License of US Soccer and is a member of the United Soccer Coaches Association. He served as head men's soccer coach at the University of Pittsburgh from 1985 to 2015 when he retired from collegiate coaching. Under his charge, his Pitt teams won more than 200 games in Division I soccer. He lives in southwest Pennsylvania with his family.

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TRAINING WITH BODYWEIGHT FOR STRENGTH AND MOBILITY

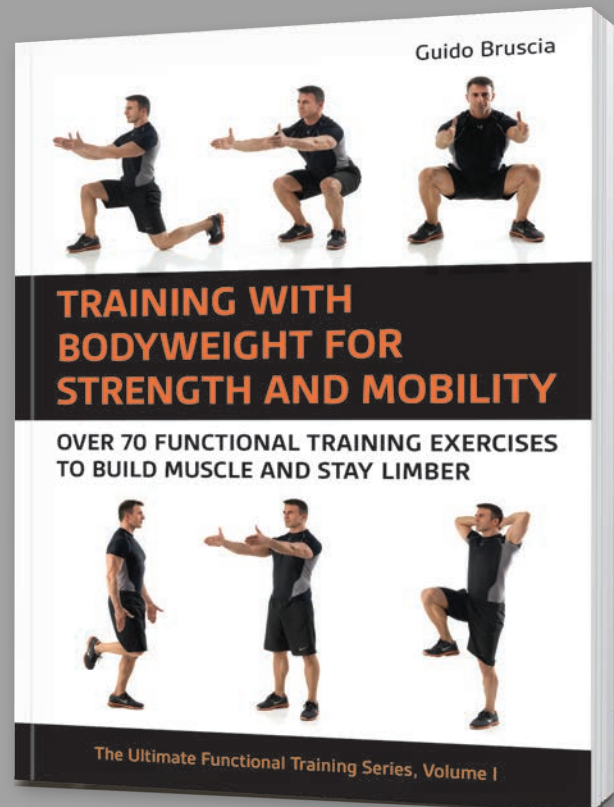
OVER 70 FUNCTIONAL TRAINING EXERCISES TO BUILD MUSCLE AND STAY LIMBER

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Volume I in the Ultimate Functional Training Series, *Training With Bodyweight for Strength and Mobility*, includes more than 70 functional bodyweight exercises that improve strength, build muscle, and reduce the risk of injury.

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The Ultimate Functional Training Series is a compilation of the best functional training exercises in four volumes: *Training With Bodyweight*, *Training With Kettlebells*, *Training With Medicine Balls*, and *Training With Sandbags*.



GUIDO BRUSCIA is a master trainer who is well known worldwide for functional and kettlebell training. He is the technical director of the Functional Training School, and he also teaches at institutions for fitness and bodybuilding coaches and personal trainers. He has written several bestselling books. He invented Personal Care, an innovative method of personal training with the goal of revolutionizing the lives of its students. Guido lives in Rimini.

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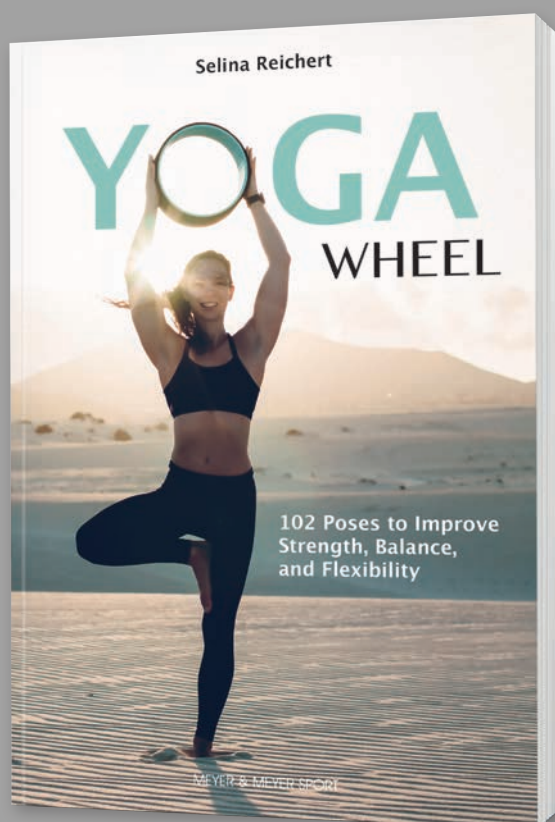
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Yoga Wheel brings the reader 102 poses to improve strength, balance, and flexibility. The gentle introduction to easy asanas is perfect for the beginner, and the progression to more challenging poses makes this book ideal for the advanced practitioner as well. Not just a comprehensive guide, *Yoga Wheel* is the perfect companion for all yogis seeking to master individual asanas or flow sequences with the aid of a yoga wheel.

Easy-to-follow instructions and striking photos accompany each pose, meaning the techniques can be mastered and the asanas performed without risk of injury. Combining the asanas with gentle breathing technique cultivates a holistic experience. QR codes link to videos showing proper technique for those more challenging poses.

With *Yoga Wheel*, readers begin their journeys to physical and mental balance and are guaranteed to find the practice of yoga a fulfilling and accessible part of their lives.

SELINA REICHERT is a yoga and pole sports coach and instructor. She studied fitness economics and completed her master's in Business Administration. In an attempt to alleviate back pain from scoliosis, in 2009, Selina discovered her enthusiasm for hatha and vinyasa yoga. She began training with the yoga wheel in 2015 and has been teaching yoga since 2016. In 2018, Selina developed her own course using the yoga wheel, which has been very popular with her participants. In 2020, she became a full-time self-employed yoga and pole trainer. She also founded her online studio, Yoga and Pole Art by Selina. She lives in Germany.

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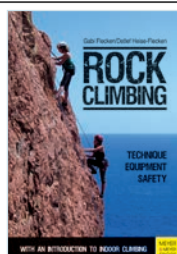
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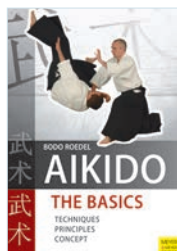
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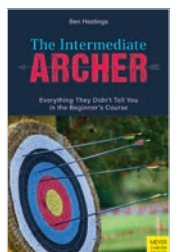
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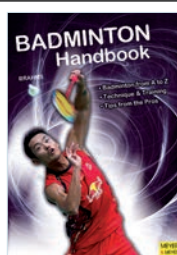
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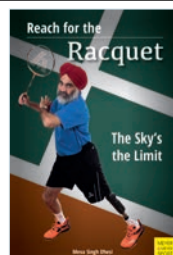
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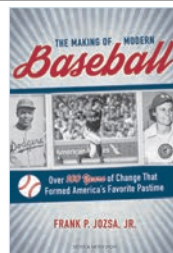
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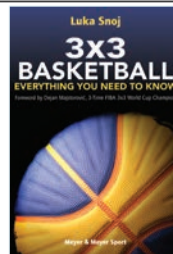
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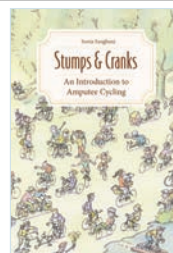
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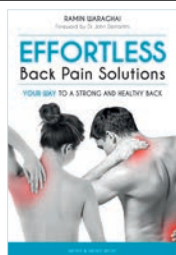
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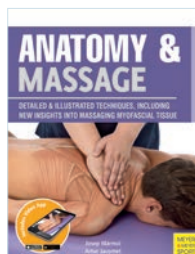


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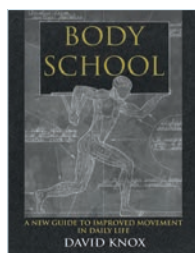
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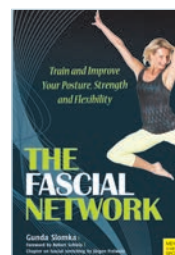
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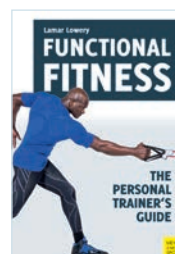
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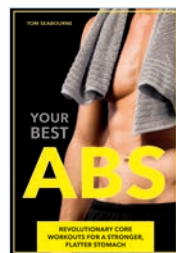
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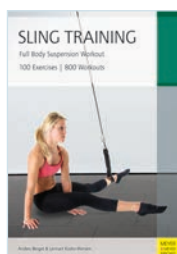
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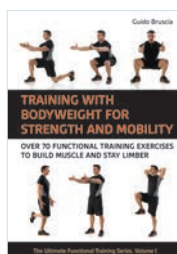


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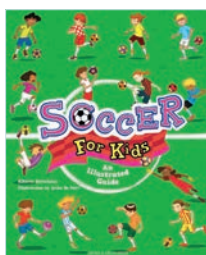


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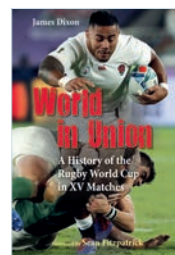


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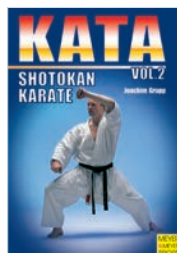
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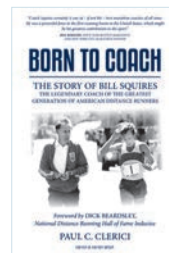
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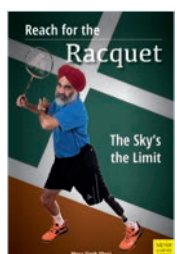
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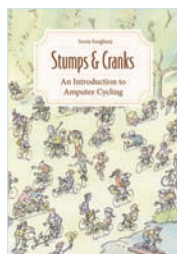
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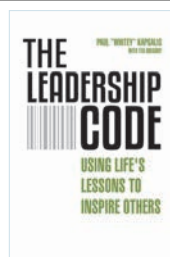
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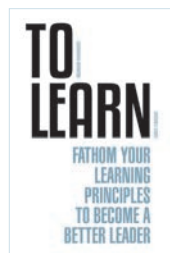
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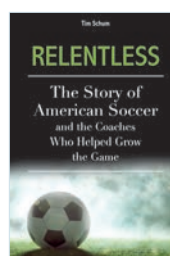
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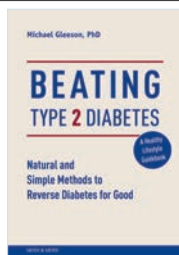


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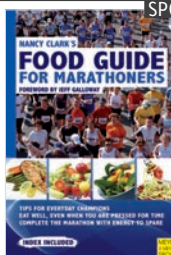
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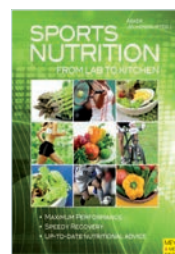
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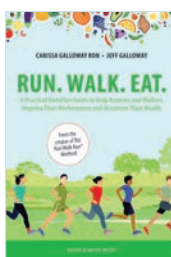


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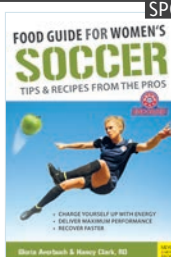


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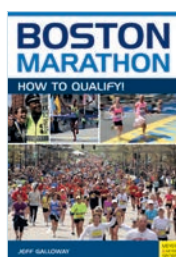
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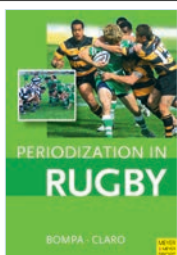
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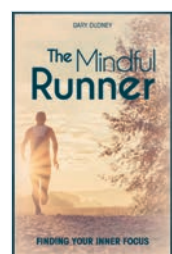
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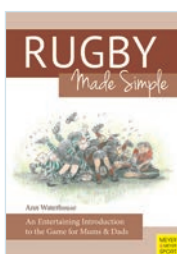
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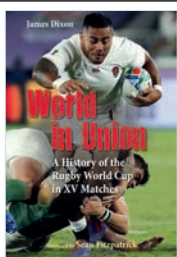
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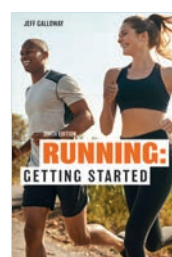
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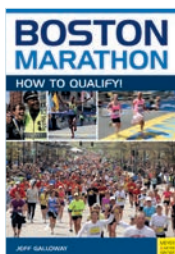
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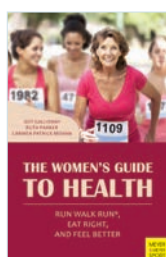
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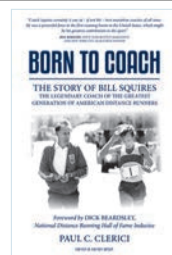
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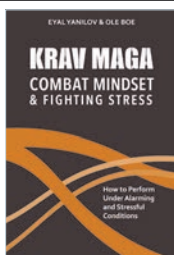


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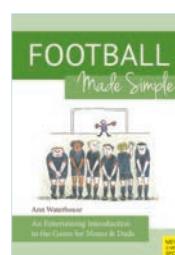
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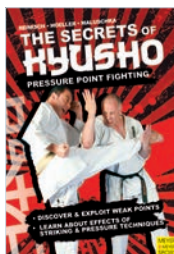


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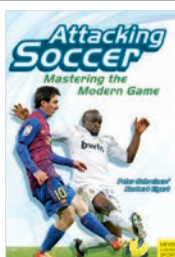


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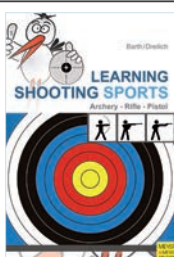


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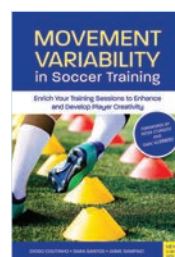


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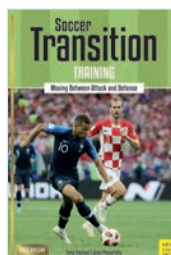
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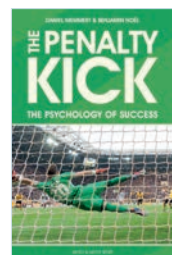
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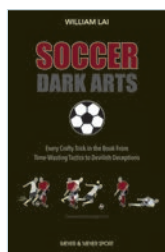
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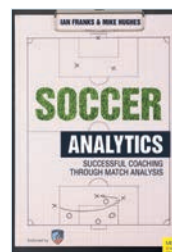
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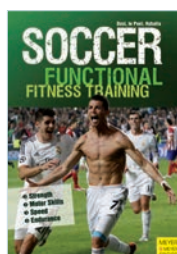
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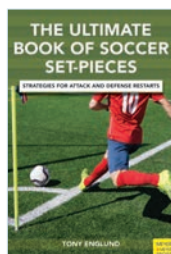
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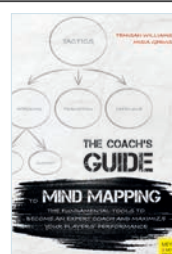
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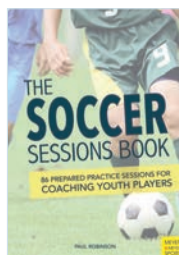
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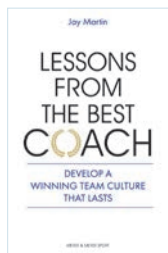
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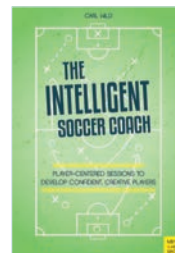
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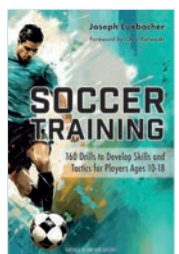
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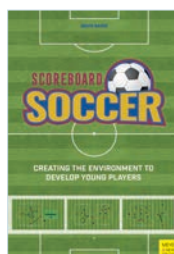
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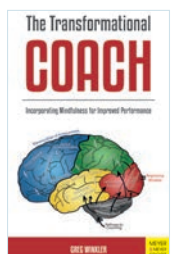
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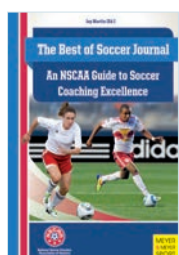


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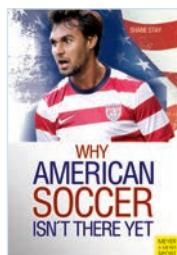
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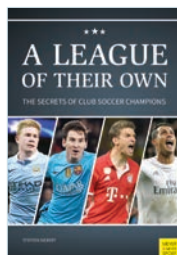
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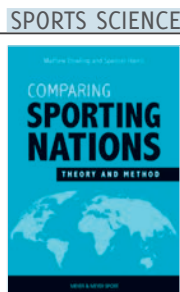
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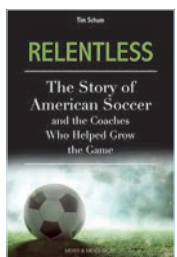
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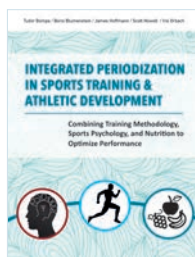
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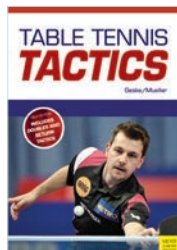
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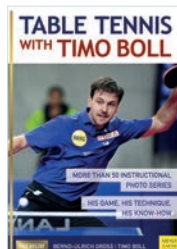


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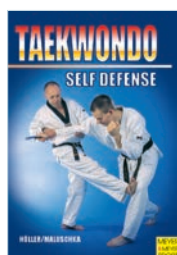
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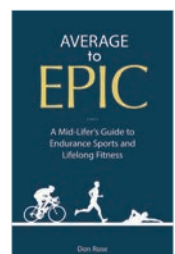
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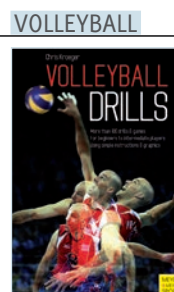
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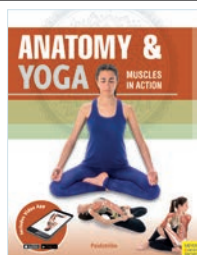
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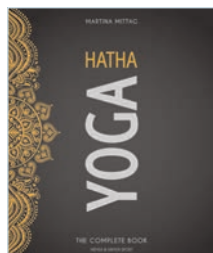
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