



Bulletproof Your Knee: Optimizing Knee Function to End Pain and Resist Injury

Jim Johnson

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A "bulletproof knee" is a knee that is pain-free and resistant to injury - and you can have one too -

Bulletproof Your Knee will show you how!

In less than 100 pages, readers will learn about the **Bulletproof Knee Program** - a series of simple and powerful exercises you do at home or in the gym, that take just a few minutes a day to do - yet create powerful changes in your knee tissues making it bulletproof to pain and injury. Recommended for those with chronic knee pain, athletes, or anyone who simply wants to get rid of or avoid knee problems.

Hamstring problem? Check out **Bulletproof Your Hamstrings!**



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