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Bulletproof knees (training manual) -

I've learned from jui jitsu that you have to warm up your knees before a stressful activities like jumping on hard surfaces. Before BJJ only thing I thought about is

Knee injury | eric cressey | high performance

Mike Robertson does a great job of outlining ways to improve knee health via movement retraining in his Bulletproof Knees Manual. This is just the tip of the iceberg.

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