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By William Jones



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Editorial Review

About the Author

Bill Jones is a sought-after sports physical therapist with years of experience helping athletes in their training, physical therapy and nutritional needs. He is an author, certified sports nutritionist and specializes in orthopedics and spine therapy. He has also been a certified personal trainer, certified strength and conditioning specialist, and licensed massage therapist. Bill is a former bodybuilder turned martial artist turned marathoner and lives his advice.

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