

The book was found

# FLYING STRIDES: FASTEST/EASIEST NEW WAY TO RUN



## Synopsis

FLYING STRIDES, by Jack NirensteinI adapted Isaac Newton's Law of Motion to my new method of instant speed previously unreachable in running. It works to do that for machines. The Wright Brothers wrote how they used Newton's Law for making their airplane fly.I used Newton's three forces to make my speed and other people's speed faster on the first try. The response I get is: "Wow it sounds so logicalI never thought of it". As if it is so easy to notice that everyone should have been aware of it. Yet none of the scientists ever came up with it.The phony gurus teach methods that will make you fall to the ground. People's sense of balance prevents them from using their methods and wonder why it is so hard to get to run faster even with hard training.The three Newton's forces for speed are: exerted, reactive, and resultant, in that order.The two most popular phony guru methods are, first a vertical gravity method, and second a leg extension method (code for pushing your body forward).Mine is neither and better. It is different than all others as well. It is not: Barefoot, stride length and stride frequency, running shoes, core training, interval speed training, strength, leaning with shoulders, pushing back at ground, aerobic, fast twitch fibers, nutrition, the Romanov pose, gravity running, leg extension, landing under the body, landing on toes, arms at right angles, aerobic, jumping low, jumping high, and recovery.

## Book Information

File Size: 4710 KB

Print Length: 79 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 25, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01EU1OO1U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #424,326 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #62

inÃ  Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field

#63 inÃ  Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness >

Aerobics #113 inÃ  Â Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics

[Download to continue reading...](#)

FLYING STRIDES: FASTEST/EASIEST NEW WAY TO RUN The Real Estate Wholesaling Bible:

The Fastest, Easiest Way to Get Started in Real Estate Investing Five Strides on the Banked Track:

The Life and Times of the Roller Derby Easiest Mandolin Tunes for Children (Easiest-Children)

Book Yourself Solid, 2nd Edition: The Fastest, Easiest, and Most Reliable System for Getting More

Clients Than You Can Handle Even if You Hate Marketing and Selling Book Yourself Solid

Illustrated: The Fastest, Easiest, and Most Reliable System for Getting More Clients Than You Can

Handle Even if You Hate Marketing and Selling Hansons Marathon Method: Run Your Fastest

Marathon the Hansons Way Runner's World Run Less, Run Faster: Become a Faster, Stronger

Runner with the Revolutionary 3-Run-a-Week Training Program Super Mario Run:Diary of Super

Mario: Super Run for coins! (Unofficial Super Mario Run Book) Sled Driver: Flying the World's

Fastest Jet No Meat Athlete: Run on Plants and Discover Your Fittest, Fastest, Happiest Self Run

Patty Run: The Story of a Very Special Long-Distance Runner Who Lights the Way for Others Flying

Rubberneckers: High Flying Fun for the Airport and Plane Why Don't Jumbo Jets Flap Their

Wings?: Flying Animals, Flying Machines, and How They Are Different How To Overcome Fear of

Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying! Sing and Learn New

Testament Greek: The Easiest Way to Learn Greek Grammar The New York Times Easiest

Crossword Puzzles: 150 Very Easy Puzzles (New York Times Crossword Collections) Harald Harb's

Essentials of Skiing: The Fastest Way to Master the Slopes HIIT: The Fastest Way to Get Ripped

and Maximize Your Workout (HIIT Training) (Volume 1) Tone Every Inch:Ã  Â The Fastest Way to

Sculpt Your Belly, Butt & Thighs

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)