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Mike Robertson's Bulletproof Knees (+ Bonus)

The topic of knee pain really hits home with me. My entire family struggles with knee pain. My mom's knees creak as she goes up stairs and she's been told that surgery is the only way to fix it (and she doesn't want surgery).

Apparently she has problems with her knees that generally occur in athletes - and she never played sports.

Of course, my brother and I both played (he's still playing but I'm not currently) competitive soccer so we got the problems a lot sooner than my mom did.

My dad's knees hurt, my twin sister has bad knees and my other sister has one knee that's so bad she got handicap parking (and she's been in physical therapy with an olympic trainer for a few years now).

In short, I know knee pain. And it sucks. Whether it's going upstairs, going on an extended shopping trip (I spend a lot of time in hardware stores and stores like Bass Pro Shops), playing sports or even sometimes just driving - particularly with a standard vehicle.

Nevermind if your job involves physical labor, getting up and down or anything that puts stress on your knees.

If you've got knee pain, you're not alone. Unfortunately doctors usually just give you a prescription to deal with the symptoms and not the root cause, physical therapy can take forever and it usually only takes you so far and surgery just isn't really a choice many of us want to turn to. Add to that the fact that "trainers" generally don't have a clue what they're talking about and you've got a recipe for keeping your knee pain.

Fortunately, there is a solution for many people with knee pain. I'll be honest, sometimes surgery is the only option - but it's often not. And I'm pretty sure most of us would like to deal with it without the surgery.

I actually don't struggle with knee pain anymore. I started training to run a 4 minute mile last summer (had to stop training because of other things in my life) and I didn't notice my knees hurting even once! I had knee pain for years and within just 30 days I completely got rid of it.

Now I run around, jump around, go up and down stairs and even wrestle with my brother without my knees hurting. It's awesome. I don't even think about it anymore.

If your knee pain is worse than mine was, it may take you longer to deal with it - but even if it takes a few months, it's still awesome to know that you don't have to put up with it for the rest of your life.



As you can probably guess from the title, the solution (in my opinion anyways) is Bulletproof Knees. It's from Mike Robertson, who is "the" knee expert. He trains athletes and is a C.S.C.S., M.S. & U.S.A.W. He's studied knees and put together an incredible program for dealing with knee pain for good!

The guide is a whole 226 pages including pictures, exercise descriptions and larger than average font (so it's not quite as much reading as you may have originally thought).

He covers EVERYTHING you want/need to know about knee pain. It's probably got more than you want to know - but you can skip to the good stuff if you want.

Honestly my only complaint with the program is it's just got so much information it may keep you from ever getting started because you want to go through it all at once (that's how I work and I had Bulletproof Knees for 3 months before I started going through it - I was kicking myself for that after my knees were better).

Look, if you struggle with knee pain or you know someone who does, you need to check out Bulletproof Knees. It's seriously awesome. Eric Cressey even recommends adding it to your library even if you don't have knee pain now so you can avoid knee pain.

Now I actually found a way to accelerate the results and get rid of your knee pain faster. It costs a bit of money on top of the program cost, but it's a seriously good investment in your life (it's good for more than just getting rid of knee pain) and if you're tired of knee pain, I'm sure you'll see the value!

So here's the deal, grab Bulletproof Knees through any of the links I provide on this page and then forward your receipt to shawnhorwoodfitness @ gmail.com and I'll tell you what my "secret weapon" for getting rid of knee pain faster and how I used it to treat my knee pain in just 30 days.

[Get Bulletproof Knees by Clicking Here](#)

If you've got any questions, feel free to leave a comment or send me an email and I'd be happy to help you out!

Shawn Horwood

P.S. This is seriously BY FAR the best product for treating knee pain. I've seen other products and they aren't even comparable. Mike really is the guy to help you deal with your knee pain.

Here's the link again:

[Bulletproof Knees](#)

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