



### Kirk Dewindt dealing with Common Injuries // Spartan ATHLETE 010

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Spartan Up

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Kevin Gillotti talks with Kirk Dewindt, a personal trainer (PT), a collegiate All-American in track, a handsomely popular "The Bachelorette" contestant, and a strong & respected member of the Spartan Pro Team about common injuries amongst endurance athletes.

#### LESSONS:

- Overuse & repetitive injuries are most common
- Work on hip stabilization
- Wear a properly fit shoe
- For grip, improve your holds by adding weight

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#### CREDITS:

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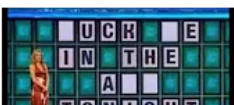
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