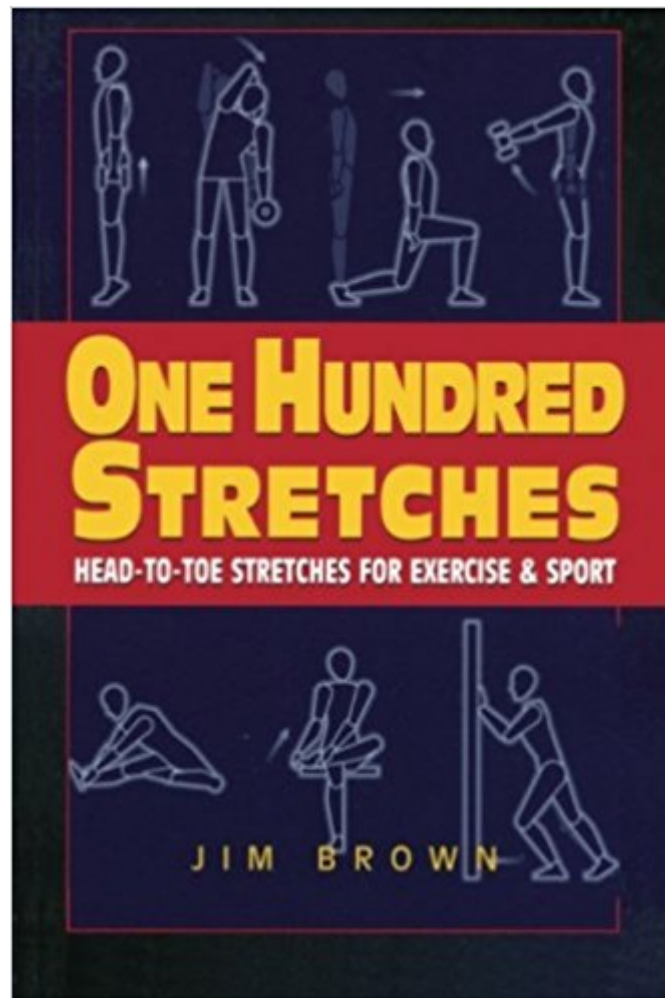




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One Hundred Stretches: Head To Toe Stretches For Exercises & Sports



Synopsis

Stretching is an essential first-step for sports and activities of all kinds. One Hundred Stretches covers every part of the body from feet to head.

Book Information

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Customer Reviews

Jim Brown is executive editor of Sports Performance Journal, an on-line magazine, and Focus on Healthy Aging, a newsletter sponsored by the Mt. Sinai School of Medicine. His many other books include Tennis: Steps to Success.

Bought for my kindle as I'm replacing a paper collection ... so happy to be able to have stretches with me anyplace :)

It's hard to imagine a smaller tote - or one easier to take anywhere. One Hundred Stretches: Head-to-Toe Stretches For Exercise & Sport is a pocket- or purse-sized pleaser, detailing a hundred stretches to help any athlete at any level in any sport. Body-to-toe coverage is accompanied by one clear diagram per page illustrating just how to do the stretches, adding to written instructions of the same. An outstanding guide for any athlete and exercise buff.

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