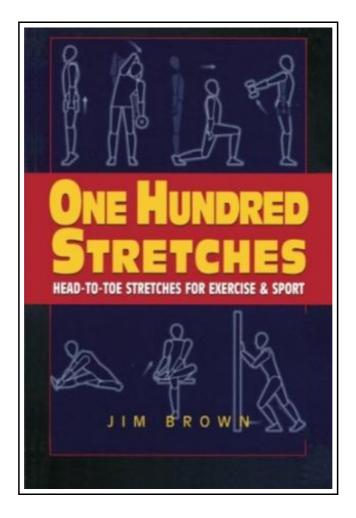
# One Hundred Stretches: Head-to-Toe Stretches for Exercise and Sport



Filesize: 1.33 MB

### Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ally Reichel)

# ONE HUNDRED STRETCHES: HEAD-TO-TOE STRETCHES FOR EXERCISE AND SPORT



Burford Books,U.S. Paperback. Book Condition: new. BRAND NEW, One Hundred Stretches: Head-to-Toe Stretches for Exercise and Sport, Jim Brown, Stretching is an essential preamble for sports and activities of all kinds. Here sports and fitness expert Jim Brown details 100 stretches to help any athlete at any level in any sport. Stretching can improve flexibility, enhance performance, prevent injuries and much more -- if done right. From selecting the right stretch (static, ballistic, dynamic, active or passive), to detail on how long to stretch and how often, this book presents 100 different stretches for every part of the body from head to feet. Also included are sport-specific stretches for running, golf, soccer, swimming and many other sports.



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