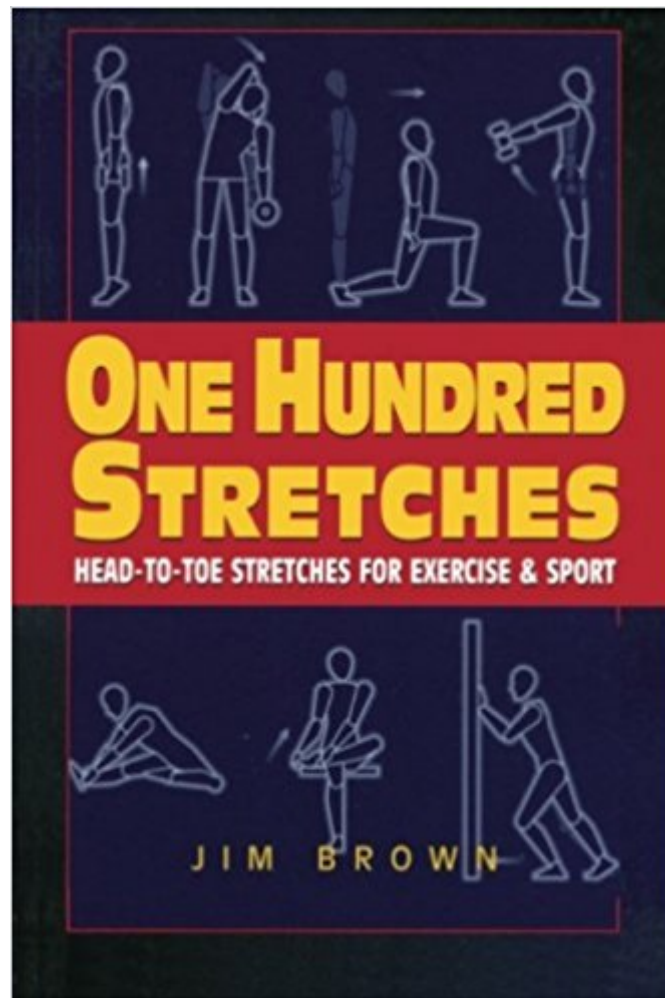




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One Hundred Stretches: Head To Toe Stretches For Exercises & Sports



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 :)

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