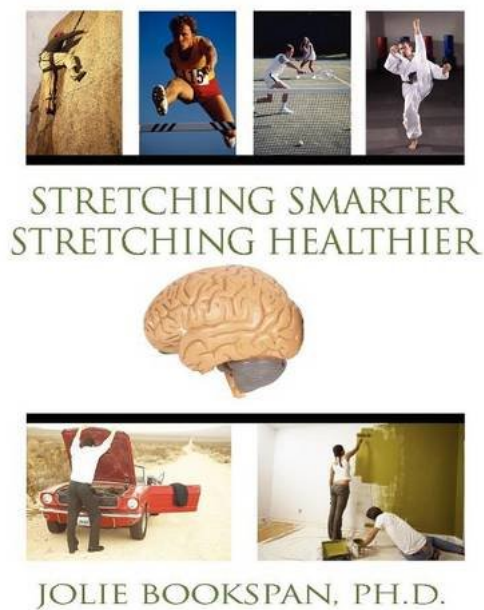


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## Best PDF Stretching Smarter Stretching Healthier - Audiobooks

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### Book detail

- Title : Best PDF Stretching Smarter Stretching Healthier - Audiobooks
- isbn : 0972121463



### Book Synopsis

Fun, easy to read, brimming with immediately helpful techniques to increase flexibility and mobility in daily life, and stop injuries from bad stretching and movement habits. Nearly 200 humorous drawings guide you step-by-step to avoid common pitfalls and learn innovative stretching techniques. 108 pages. 8.25 x 11." By sports medicine specialist Dr. Jolie Bookspan, named "St. Jude of the Joints" by Harvard Medical School clinicians.

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