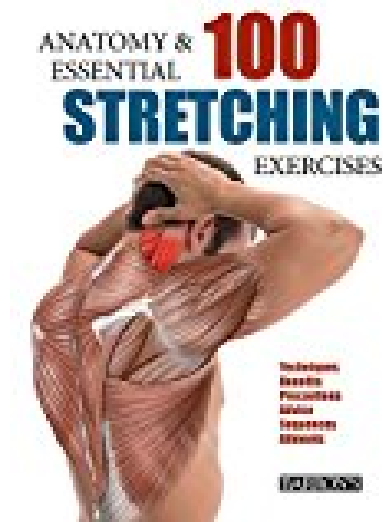


# Anatomy and 100 Essential Stretching Exercises

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## BOOK DETAILS

- Author : Guillermo Seijas Albir
- Pages : 168 Pages
- Publisher : Barrons Educational Series
- Language : English
- ISBN : 1438006179



## BOOK SYNOPSIS

Find over 100 stretching exercises to help you improve your range of motion, decrease discomfort, and prevent injuries. Clearly illustrated exercises with detailed instructions help you learn the proper way to stretch every part of your body. Includes photographs and illustrations.

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