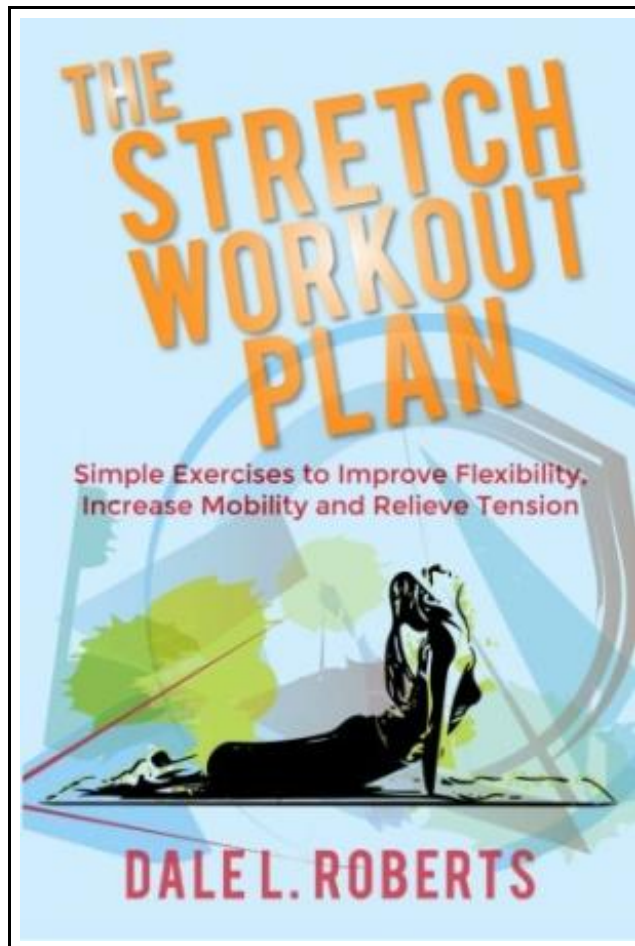


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Relieve Tension, Reduce Pain, Move and Feel Better with these Stretching Exercises What if a few easy exercises could dramatically improve how you feel, move and work in all aspects of your life? What if you could do more than you have ever done simply by adding a few simple stretches to your everyday routine? All the stress of lifewhether from excessive sports play, overwork, or overuse of technologyincreasingly taking a toll on your body. Symptoms can range from soreness to extreme pain. One safe, simple and productive way to address the problem is through exercises that can be done anywhere, anytime, and without special equipmentstretching. Amazon #1 bestselling author, Dale L. Roberts, presents the remarkable findings of his study on stretching. Based on personal training experience, thorough research and clinical evidenceRoberts answers the question: what are the secrets of improving your quality of life? The book begins with clear, detailed descriptions of the benefits of stretching, different forms of stretching, and how to stretch correctly. It also focuses on the kinds of stretches most helpful in alleviating tension and recovering from everyday workouts and stress. Organized by key body parts and specific conditions, "The Stretch Workout Plan" presents stretch exercise programs accompanied by simple instructions that anyone can do. quot;The Stretch Workout Planquot; includes: Dozens of stretch exercises appropriate for most anyoneBrief and simple instructions of each exercise with high quality picturesMultiple stretch workout plans for dozens of common flexibility problemsHelpful guidelines and tips to get the most from your normal workoutsQuick links to search between exercise program and description with easeHelpful tips on additional fitness tools to enhance your stretchingAnd, much more!Why Wait...



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