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STRETCHING SCIENTIFICALLY

A Guide to Flexibility Training

*Fourth
Edition!*



*The SAFEST and the FASTEST
STRETCHING METHOD!*

by Thomas Kurz

Stretching Scientifically A Guide To Flexibility Training

Rosina Ehmann



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Stretching

Scientifically Janelle Munnell,2021-04-22 Our bodies were designed for movement but as we age our joints and muscles become tighter Stretching is a gentle simple activity that anyone can do to alleviate aches and pains as well as improve range of motion and flexibility This book guides you step by step through each stretch arming you with the confidence you need to progress into deeper levels of stretching for enhanced flexibility reduced pain decreased stiffness and better quality of life for years to come Gymnasts Martial Artists inflexible Yoga practitioners you ve found the secrets This is THE course for learning how to achieve maximum flexibility with strength You will learn the most effective methods of stretching to achieve ultimate flexibility in the shortest time possible This is not an academic course for personal trainers and coaches this is the need to know get the job done course for people who want to do front and side splits easily or be able to kick high and effortlessly in the martial arts You will learn how to properly and safely reprogram your muscles and nervous system You will achieve the splits in the fastest most efficient way possible Side splits Front splits Hurdler s Splits it s all covered Drop in the splits any time of day no warm up No Problem Want to High Kick anytime anywhere You got it

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