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KJ Lindholm-Leary

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Bowker's Complete Video Directory, 1998, 1998 Stretching Bob Anderson, 2010 The 30th anniversary edition features two color inks to better define the muscle groups helped by each stretching exercise A new section focuses on office fitness Stretching: Simple Workouts to Keep You Stretched and End Everyday Pain (Improve Flexibility, Reduce Injury Risk, and Achieve Peak Dance Fitness) Tony Batchelor, 101-01-01 Are your muscles getting tense as you age Is your range of motion more limited than it once was Do you sometimes struggle with physical activity Then Stretching for seniors is for you As we get older our muscles get tired and we struggle to achieve the agility we once had Luckily there are solutions Stretching is important to keep our bodies functioning in optimal health and the benefits are endless Properly stretching our bodies is even more critical in our older age as our range of motion becomes restricted and our bodies become tight Here is a preview of what you ll learn Basics of Flexibility Exercises Preparing for the Exercise Neck and Trunk Stretching Upper Extremity Exercises Lower Extremity Stretching Precautions Contraindications And much more Whether you are an athlete a sports enthusiast or simply a person with sedentary habits this book is for you Embark now on this transformative journey and discover how stretching can become the key to your total well being Are you ready for this new chapter in your life Buy now Stretching Super Easy Ayurvedic Cleansing Kimberly Larson, 2022-12-12 Super Easy Ayurvedic Cleansing is a beginner's quide to a traditional accessible four week cleanse that will help you heal while building body awareness and mindfulness around the food you eat **The Genius of Flexibility** Robert Donald Cooley, 2009-12-01 Using a revolutionary technique that has been tested by thousands of people from Olympic athletes to people suffering from serious injury a proven 16 step stretching regimen for unique muscle groups that dramatically improves flexibility and strength as well as physiological and psychological health 16 Steps to Complete Freedom of Movement The Technique RESISTANCE STRETCHING offers immediate cumulative and permanent increases in flexibility takes the pain out of stretching and protects you from injuring yourself by overstretching The Program THE MERIDIAN FLEXIBILITY SYSTEM provides stretches for 16 unique muscle groups with physiological and psychological benefits **Technical Services Workstations** ,1996

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