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THE WHARTONS STRETCH BOOK: FEATURING THE BREAK-THROUGH METHOD OF ACTIVE-ISOLATED STRETCHING (PAPERBACK)



-Jim and Phil Wharton

TIMES BOOKS, United States, 1996. Paperback. Condition: New. Language: English . Brand New Book. Whether you re a serious competitor or weekend warrior, you know that proper stretching before and after your workout can improve your performance, increase your flexibility, help prevent injury, and make you feel better. But did you know that the traditional way of stretching -- lock your knees, bounce, hold, hurt, hold longer -- actually makes muscles tighter and more prone to injury? There s a...

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- Authored by Jim Wharton, Phil Wharton
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