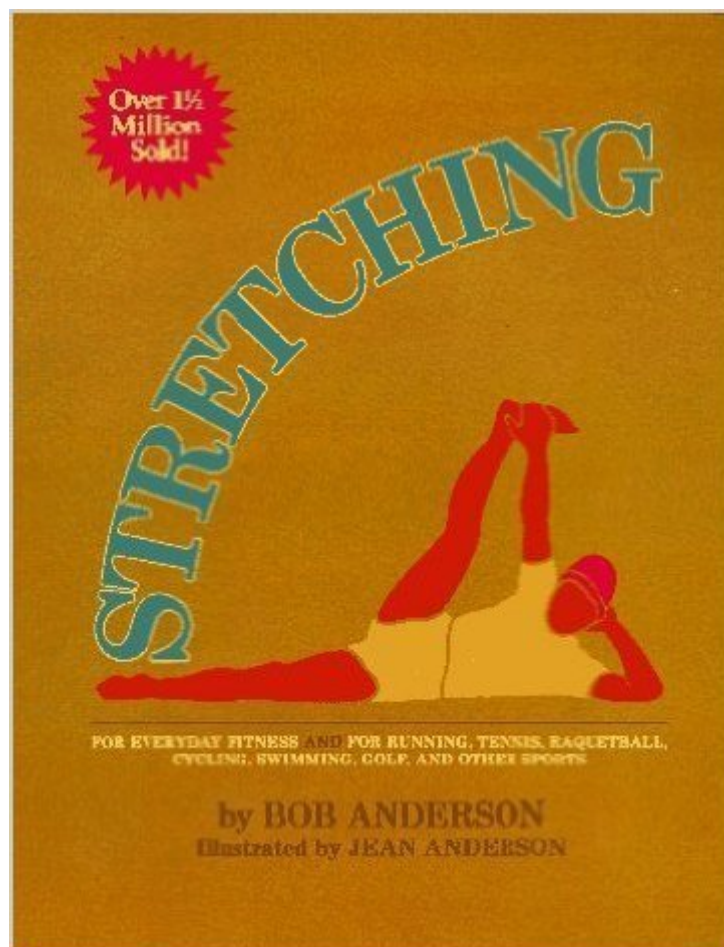


The book was found

# Stretching For Everyday Fitness And For Running, Tennis, Racquetball, Cycling, Swimming, Golf, And Other Sports



## Synopsis

Stretching is the fastest growing type of exercise in America today. Stretching helps keep your muscles flexible and ready for movement, improves performance, helps prevent injuries from physical activity and simply makes you feel good. With over 1000 drawings and clear, concise instructions, Stretching will teach you the right way to stretch and help you to begin a regular, life-long program of physical fitness.

## Book Information

Spiral-bound

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Product Dimensions: 10.5 x 8 x 0.5 inches

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Best Sellers Rank: #4,769,255 in Books (See Top 100 in Books) #54 in Books > Sports & Outdoors > Racket Sports > Racquetball

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RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength)  
CARB CYCLING - The Best Carb Cycling Recipes for Beginners!: ARB CYCLING - The Ultimate Carb Cycling Guide to Weight and Fat Loss  
Cycling: Bicycling Made Easy: Beginner and Expert Strategies For Performing Better On Your Bike (Cycling Training For Fitness & Sports Competition Beginners & Expert)  
Tennis: Tennis Strategies: The Top 100 Best Things That You Can Do To Greatly Improve Your Tennis Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Tennis)  
Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1)  
Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series)  
Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis  
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