

## Stretching Wall Chart (Paperback)



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### Reviews

Excellent eBook and useful one. it was actually writtern extremely perfectly and useful. You wont truly feel monotony at at any time of your time (that's what catalogues are for about when you question me).

(Zora Koch IV)

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Lotus Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Using drawings taken from the best-selling *The Anatomy of Stretching*, this beautifully illustrated A2 wall chart shows exactly what is happening during a stretch. Each of the 15 key stretches for the neck, back, core, upper body and lower body illustrates the primary and secondary muscles worked, and shows how to perform each stretch. Aimed at fitness professionals, physical therapists, sports scientists, or anyone involved in sport, this chart will add colour to any gym or treatment room wall.



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