



Total Stretch

Roscoe Nash

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Everyone -- from the absolute beginner to the most accomplished athlete -- can benefit from regular stretching. Whether preparing for a sporting event or just "de-stressing," this guide explores the foundation of good stretching practices for the beginner and experienced alike. Total Stretch features over 200 full-color photographs of routines for both relaxed and active stretches that provide increased flexibility and vitality to people of all ages and fitness levels.

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