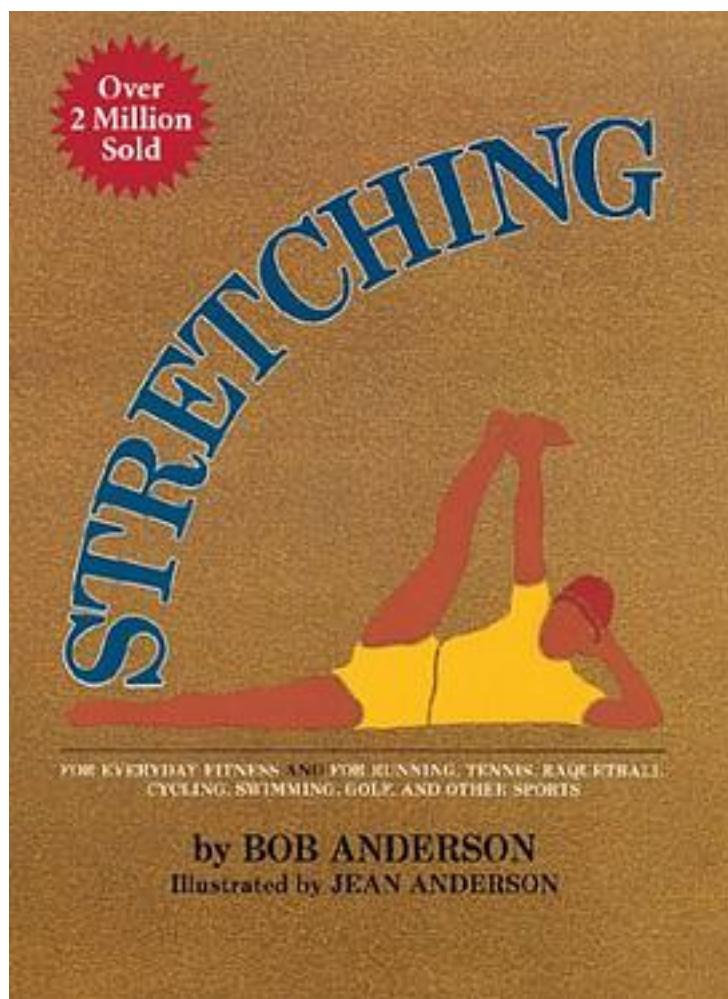


# Stretching



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著者:Martin, Suzanne

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Discover the key to staying fit and supple with this easy-to-do stretching program. Targeted warm-up and cool-down stretches prevent sports injuries, while others

effectively counter aches and pains, bad posture, and the effects of aging. An added benefit is ease: this practical stretching program fits effortlessly into a busy life.

作者介绍:

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标签

sports

DK

评论

简单的过了一下，身体拉伸之类的

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