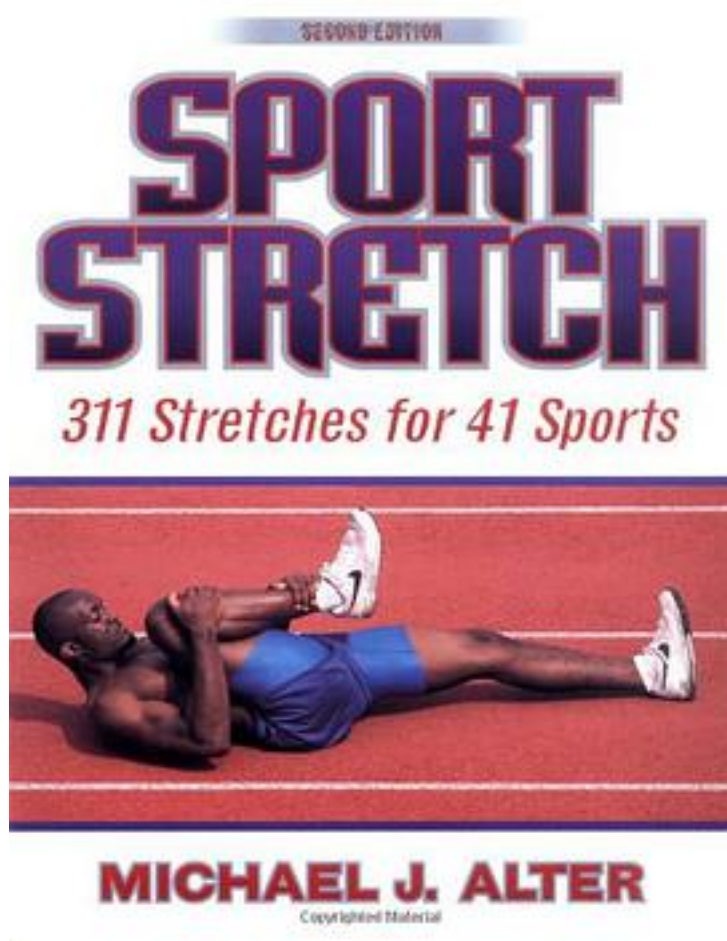


# Sport Stretch



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著者:Alter, Michael J.

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Contains background information on flexibility, including basic principles of stretching and body responses during stretching. Readers will discover what causes muscle soreness, how increased flexibility leads to better performance and reduces injury, and

how they can limber up and play their best.

作者介绍:

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