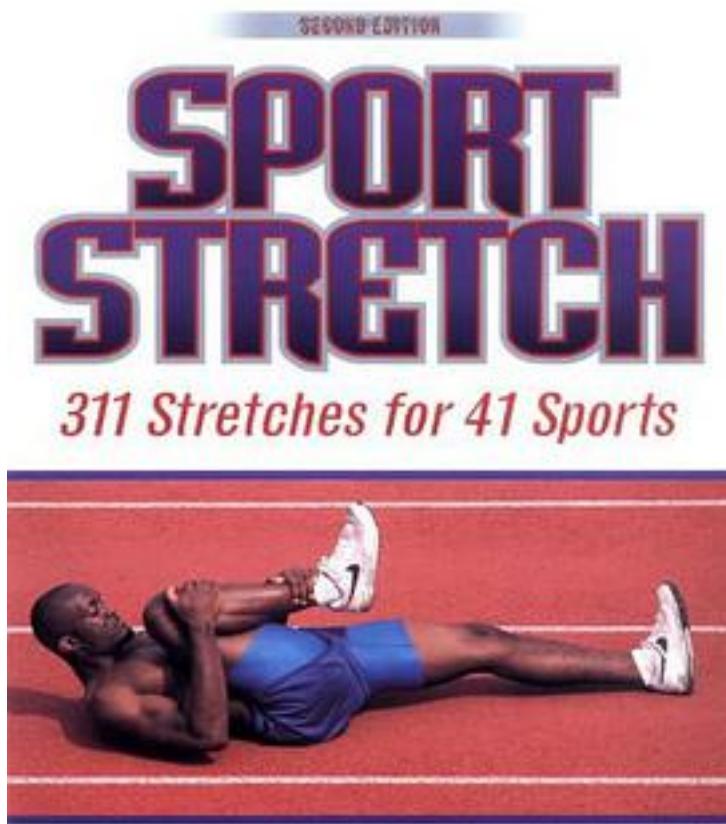


# Sport Stretch



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著者:Alter, Michael J.

出版者:Human Kinetics

出版时间:1997-9

装帧:Pap

isbn:9780880118231

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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