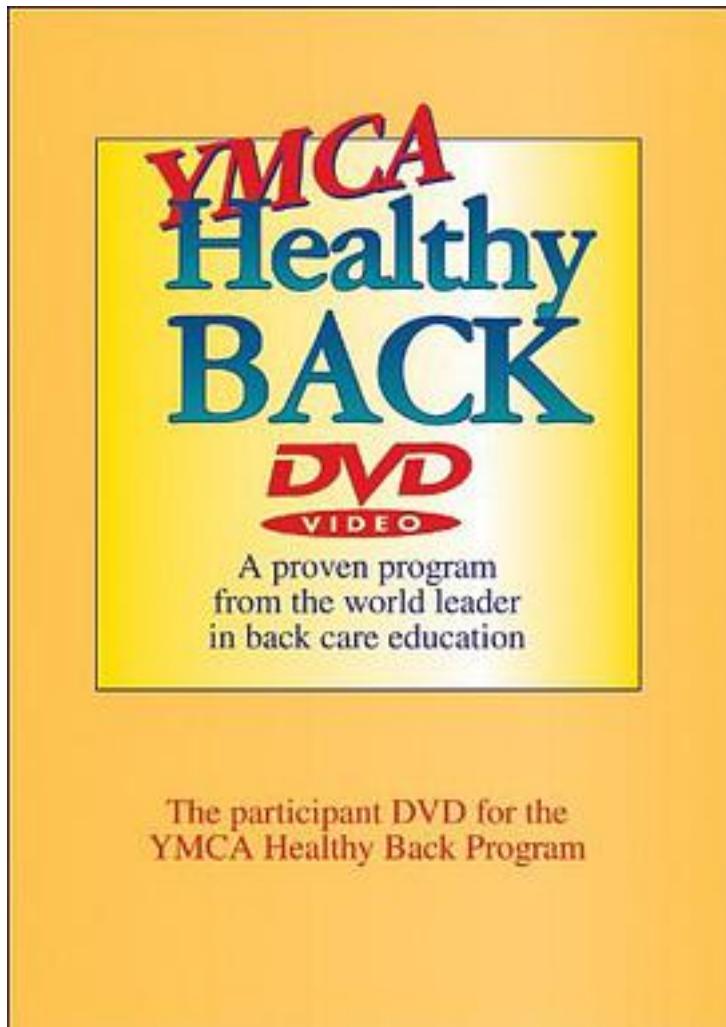


YMCA Healthy Back



The participant DVD for the
YMCA Healthy Back Program

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著者:YMCA of the USA

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"The YMCA Healthy Back DVD" demonstrates correct techniques for all floor exercises

included in the "YMCA Healthy Back Book". The DVD shows proper form for each exercise and how to conduct the exercises with a group. It's perfect for personal use at home and as a reference for exercise instructors. In addition to presenting the proper exercise techniques to make the back healthy and strong, the DVD covers: where exercisers should feel each stretch, incorrect stretching techniques, first aid measures, advice for maintaining back fitness, and healthy back positions while standing, sitting, sleeping, driving and lifting.

作者介绍:

目录:

[YMCA Healthy Back 下载链接1](#)

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