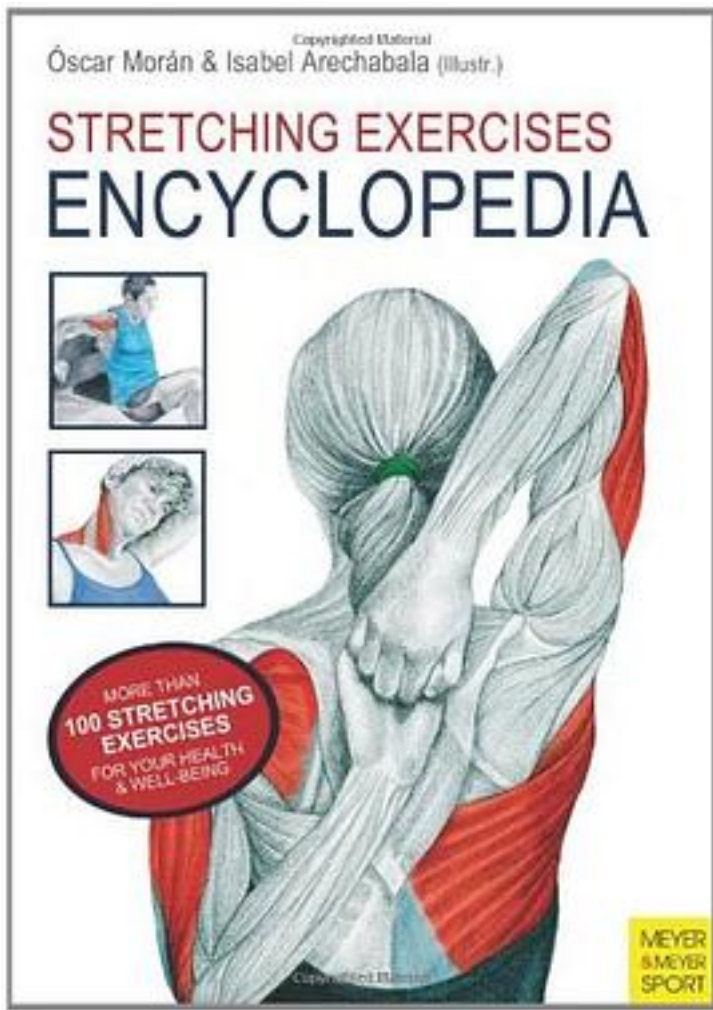


Stretching Exercises Encyclopedia



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Furthermore, each exercise includes information about the movement one needs to

perform, the posture that one must adopt, common mistakes that should be avoided, the principal and secondary muscles worked with this exercise, as well as a series of very useful tips and advice. Any athlete will realize how regular stretching can improve their physical body shape and their quality of life.

作者介绍:

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