

Anatomy Of Stretching (Anatomies Of) By Craig Ramsay

By Craig Ramsay

About Author Craig Ramsay is a personal trainer. He is recognised in the fitness industry for his extensive knowledge and for more than 10 years of experience

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Fishpond Australia, Anatomy of Stretching by Craig Ramsay. Buy Books online: Anatomy of Stretching, 2012, ISBN 1408178249, Craig Ramsay

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About Anatomy of Stretching. A fantastic clear introduction to stretching anatomy, presenting some of the best stretching exercises to increase your flexibility

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Renowned fitness trainer and former Broadway dancer Craig Ramsay points out that taking time for stretching is taking time for yourself. A stretching routine is not

Stretching Anatomy, Second Edition, is a visual guide to 86 stretches for increasing range of motion, muscular strength, stamina, posture, and flexibility.

Craig Ramsay is the author of Anatomy of Stretching (4.65 avg rating, 17 ratings, 0 reviews, published 2012), Anatomy of Muscle Building (3.86 avg rating

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