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By Craig Ramsay

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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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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

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