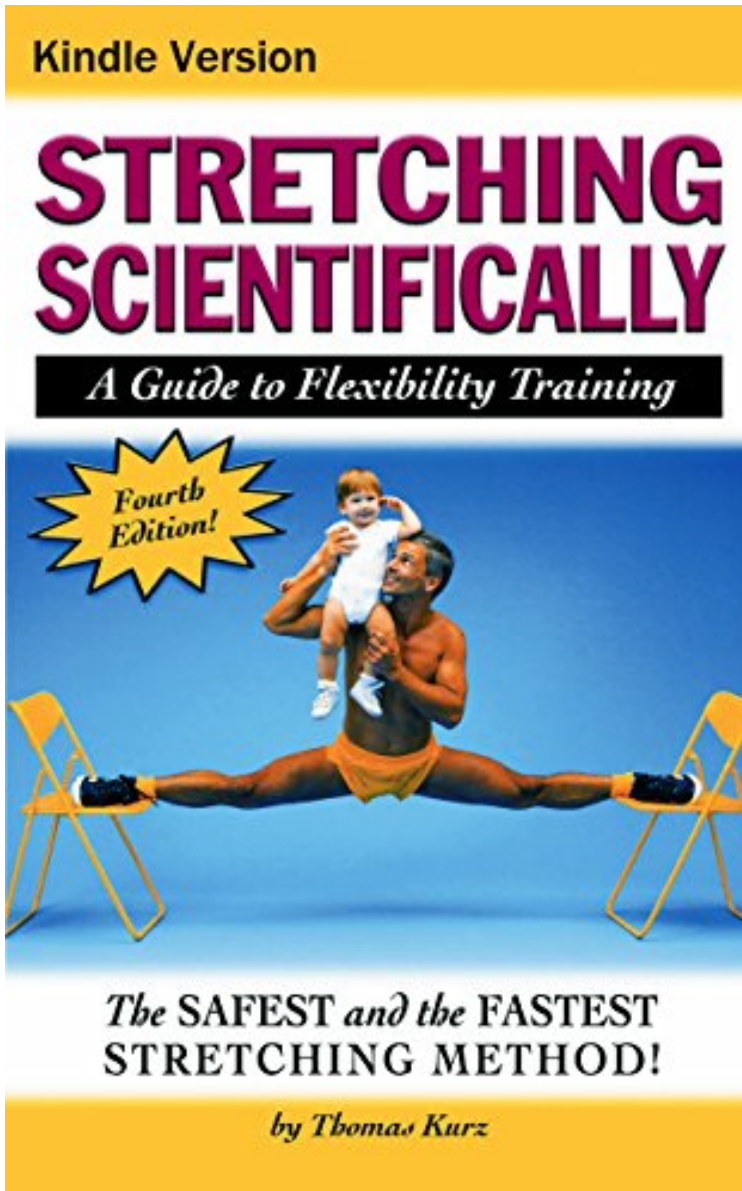


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Stretching Scientifically: A Guide to Flexibility Training (English Edition)



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* How to do splits even if you are over 40 or 50
* How to kick high and do splits with no warm-up
* How to develop each of the three kinds of flexibilitydynamic, static active and static passiveto suit every

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