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THE STRETCH WORKOUT PLAN: SIMPLE EXERCISES TO IMPROVE FLEXIBILITY, INCREASE MOBILITY AND RELIEVE TENSION



Createspace Independent Publishing Platform, United States, 2016. Paperback Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Relieve Tension, Reduce Pain, Move and Feel Better with these Stretching Exercises What if a few easy exercises could dramatically improve how you feel, move and work in all aspects of your life? What if you could do more than you have ever done simply by adding a few simple stretches to your everyday routine?...

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- Authored by Dale L. Roberts
- Released at 2016



Reviews

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