



Stretching

Suzanne Martin

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Stretching Suzanne Martin

The stress-free way to stay supple, keep fit and exercise safely. This practical head-to-toe guide to stretching will remodel your body in just 21 days through quick home exercises that will improve your posture and counter the effects of ageing. Step-by-step photography show stretches for every part of your body and also includes mini-routines when you are short of time or if you have space restrictions, such as when stuck in the car in a traffic jam. Discover how to help relieve pain, ease everyday stresses and enjoy sport without injury.

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