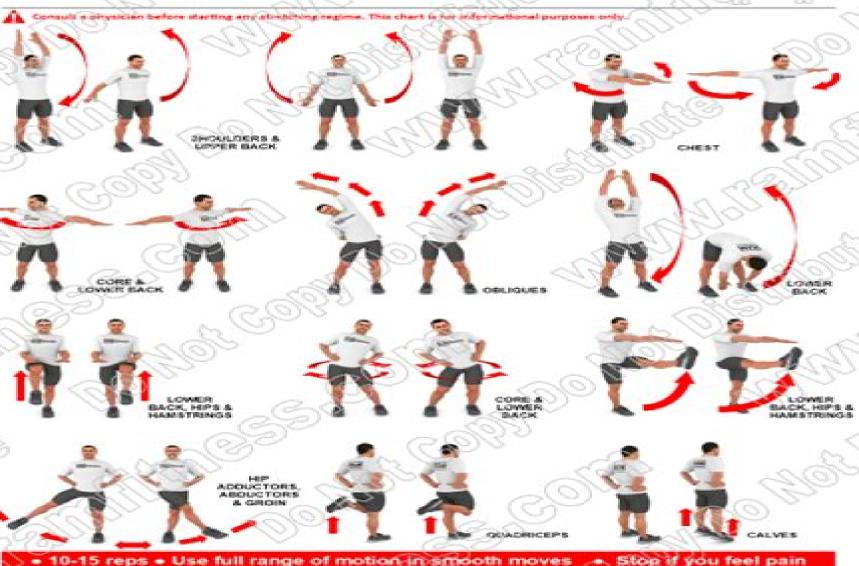
## STRETCHING







# **Dynamic Stretching Guide**

Werner W. K. Hoeger, Sharon A. Hoeger

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