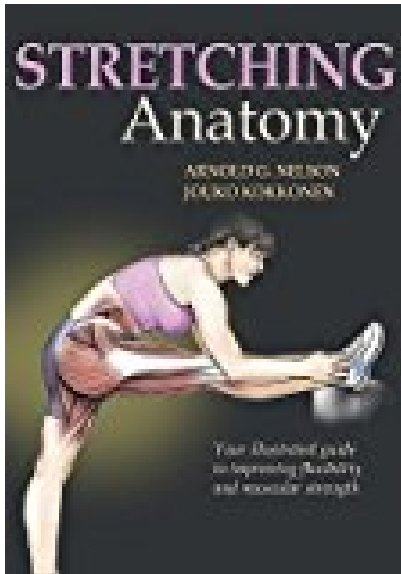


Stretching Anatomy



BOOK DETAILS

- Author : Arnold G. Nelson
- Pages : 147 Pages
- Publisher : Human Kinetics
- Language : English
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BOOK SYNOPSIS

An instructional manual on the anatomy of the stretching body features illustrations that demonstrate how muscles are worked during stretches.

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