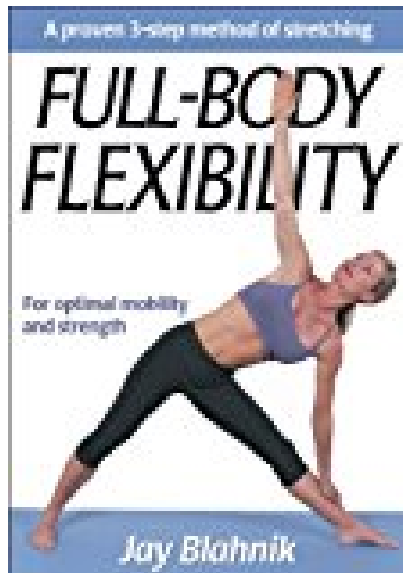


# Full-Body Flexibility

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## BOOK DETAILS

- Author : Jay Blahnik
- Pages : 216 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0736041508



## BOOK SYNOPSIS

Develop flexibility, balance, and strength for improved performance on the athletic field, in fitness class, and in daily life. Premier fitness instructor and author Jay Blahnik blends the best of yoga, Pilates, martial arts, and sport training to create stretching sequences that can be used for warm-up, cool-down, and challenging fitness workouts.

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