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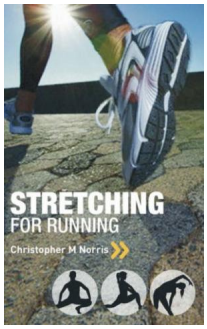
STRETCHING FOR RUNNING: CHRIS NORRIS'S THREE-PHASE PROGRAMME



Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Stretching for Running: Chris Norris's Three-phase Programme, Christopher M. Norris, Based on the hugely successful Complete Guide to Stretching, this new series from Chris Norris is a sport-specific three-phase programme of stretching, from beginner level, through intermediate stretches, to advanced dynamic development. Chris introduces the book with some advice on self-assessment and warm-ups, and at the end of the book there is a training log to assess development and a handy...

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