

# Stretching/Flexibility Poster Set

By Human Kinetics



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## =Poster

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<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3661884/>

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the Stretching Anatomy Poster Series consists of guide to proper stretching technique. Individual poster Human Kinetics is the premier publisher

<http://www.barnesandnoble.com/w/stretching-anatomy-poster-series-human-kinetics/1119932333?ean=9781492504689>

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Human Kinetics Excerpts. One long balloon, poster board for task card, markers, Stretching and Flexibility Instruction Certification;

<http://www.americansportandfitness.com/pages/human-kinetics-excerpts>

Human Kinetics Flexibility for the Flexibility for Sports Performance DVD will help Ann Frederick is the director of flexibility training for the Stretch to

<http://www.wrestlinggear.com/books-and-dvds/human-kinetics/1136-flexibility-for-sports-performance-dvd/>

Anyone who's tried to teach athletes or clients the importance of stretching knows what a challenge it can be. "Teaching Flexibility," "Flexibility for..

<http://www.bokkilden.no/SamboWeb/produkt.do?produktId=1994372>

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Posters. Series 1; Series 2; Series 3; stretching/flexibility for the tight dancer. Human Kinetics, 2004. Fox E. Sports Physiology. Philadelphia, Pennsylvania  
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