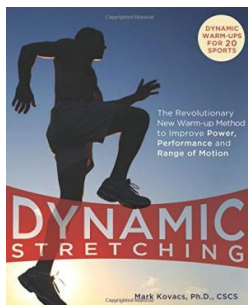


Motion

Dynamic Stretching: The Revolutionary New Warm-up Method to Improve Power, Performance and Range of Motion



Book Review

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(Miss Vernie Schimmel)

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