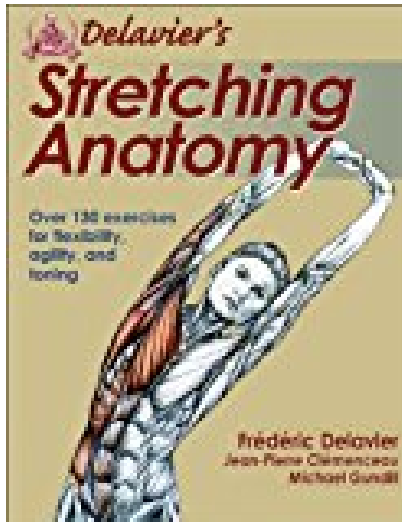


Delaviers Stretching Anatomy



BOOK DETAILS

- Author : Frederic Delavier
- Pages : 144 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450413986



BOOK SYNOPSIS

Frédéric Delavier has captivated millions with Strength Training Anatomy. Now readers have access to his exercise expertise and trademark illustrations once again with Delaviers Stretching Anatomy. With 250 full-color photos and 300 detailed illustrations, this guide depicts over 130 exercises to increase flexibility, tone muscles and reduce injury. All body regions are covered and sport-specific stretching routines are included. Original.

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