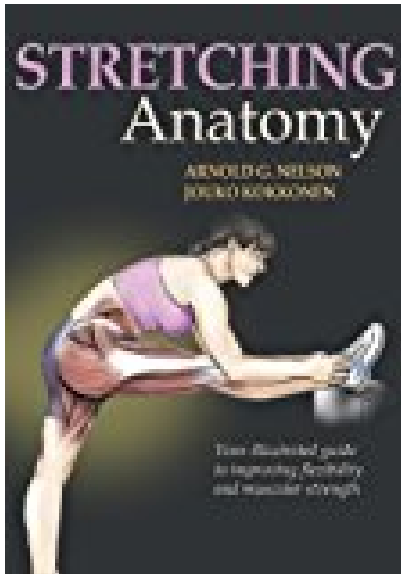


# Stretching Anatomy

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## BOOK DETAILS

- Author : Arnold G. Nelson
- Pages : 147 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0736059725



## BOOK SYNOPSIS

An instructional manual on the anatomy of the stretching body features illustrations that demonstrate how muscles are worked during stretches.

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