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How to Lose Belly Fat in ONE Week at Home with 3 Simple Steps

A Secret to Weight Loss as Presented by a Nutritional Expert.

10 min Morning Yoga Full Body Stretch **20 MIN LOWER BODY STRETCH for Recovery and Flexibility (Hamstrings, Butt, & Hips)** ~~Stop Stretching Your Hip Flexors, Here is Why!~~ *How to stretch*

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'Anniversary' is the classic static stretching book. However, today most training books shy away from static stretching in favor of more dynamic, whole body warm ups followed by exercising and then static stretching when the body is still warmed up and more flexible from working out.

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Bob Anderson is the world's most popular stretching authority. For over 35 years, Bob has taught millions of people his simple approach to stretching. Bob and his wife Jean first published a home-made version of *Stretching* in a garage in

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This 30th anniversary edition features two-color inks to better define the muscle groups helped by each stretching exercise. A new section focuses on office fitness exercises, helpful for both home and office computer users.

A revised edition of a popular fitness reference features two-color inks to better define targeted muscle groups, 10 new stretching routines, routine abbreviations for busy practitioners and a variety of tips

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on office ergonomics and preventing repetitive stress injuries. Original.

Illustrates stretching exercises that can be done at the office to increase flexibility, relieve sore muscles, combat neck and back pain, prevent carpal tunnel syndrome, and reduce stress.

"This book is a smaller-format edition of the vastly popular *Stretching: 30th Anniversary Edition* (ISBN: 9780936070469), with a re-edited main section, using readable bulleted lists, and updated for references to new technology. It does not supersede the larger addition, but is offered as an alternative"--

Illustrates stretching exercises designed to increase flexibility and help prevent injury, and suggests specific stretch routines for a variety of sports.

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An in-depth instructional manual on the anatomy of the stretching body features full-color illustrations that demonstrate how muscles are worked during 115 key stretches, in a reference that discusses the benefits of stretching, rules for safe stretching, and more. Original.

Offers a choice of thirty-two workout programs for men and women, designed to fit any schedule or skill level, each incorporating stretching, lifting, and moving.

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Burke, Olympic cycling team - aerobic exercise* Jeff Galloway, Olympic runner - running off fat With an epidemic of obesity and heart disease and diabetes on the rise, Americans need simple, compelling strategies for getting in shape more than ever. This practical guide answers that need with advice from four experts: Mr. Universe Bill Pearl (weight training); Stretching author Bob Anderson (stretching); Olympic cyclist Ed Burke (aerobic exercise); and Olympic runner Jeff Galoway (how to run off fat). Part One features 32 exercise programs of stretching, lifting, and moving, customizable for readers' health considerations, schedule, and level of commitment. It also covers injuries and other health problems. Part Two discusses healthy eating, exercise during pregnancy, and ergonomics, and gives advice about choosing a gym. This edition includes new

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information on beginning running, and how to lose weight by running, by Jeff Galloway. In addition to the programs, 100 pages of the book are devoted to teaching basic information about the body, how it works, healthy eating, and how exercise benefits health.

Achieve life-changing results for your body—greater mobility, better functionality, enhanced performance, and less pain—in as little as 9 minutes a day. In *Better Stretching*, Joe Yoon brings you the tips and techniques he gives world class athletes, and provides you with an entirely new way to think about stretching. You won't need 90 complicated minutes to get more agile—you'll just need 9! And your results will improve dramatically—and stay that way—when you incorporate just a touch of mobility and strengthening to your stretches. Joe Yoon shows you how.

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Better Stretching debunks myths and misconceptions. You'll discover:

- Over 100 wide-ranging stretches, from static to dynamic, including simple stretches you can do while sitting at your desk
- Three 30-day plans designed to give you maximum results in a minimum amount of time, each tailor-made for goals that you choose
- Stretching, strengthening, and mobility exercises for people at every level – whether you're a beginner or advanced, a weekend warrior or a competitive athlete, a business executive or a new parent
- Muscle-soothing self-massage techniques using simple foam rollers and tennis balls
- Over 125 photographs of Joe demonstrating his stretches, so you achieve results beyond what you thought possible

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