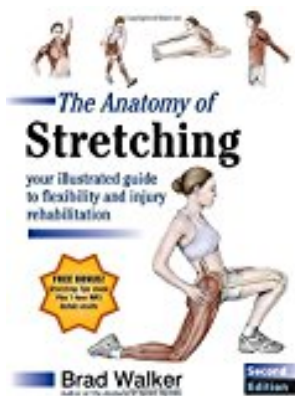


[PDF] The Anatomy Of Stretching, Second Edition: Your Illustrated Guide To Flexibility And Injury Rehabilitation

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Review "My favorite part is the illustrations: they're black and white except for the muscle that's being stretched... If you're interested in stretching, improving your range of motion, improving your

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—Kari, *Reading for Sanity* --This text refers to an out of print or unavailable edition of this title.

About the Author Brad Walker is an internationally known stretching and sports injury consultant with 20 years of experience in the health and fitness industry. His other books include *The Stretching Handbook* and *The Anatomy of Sports Injuries*. He lives in Queensland, Australia.

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