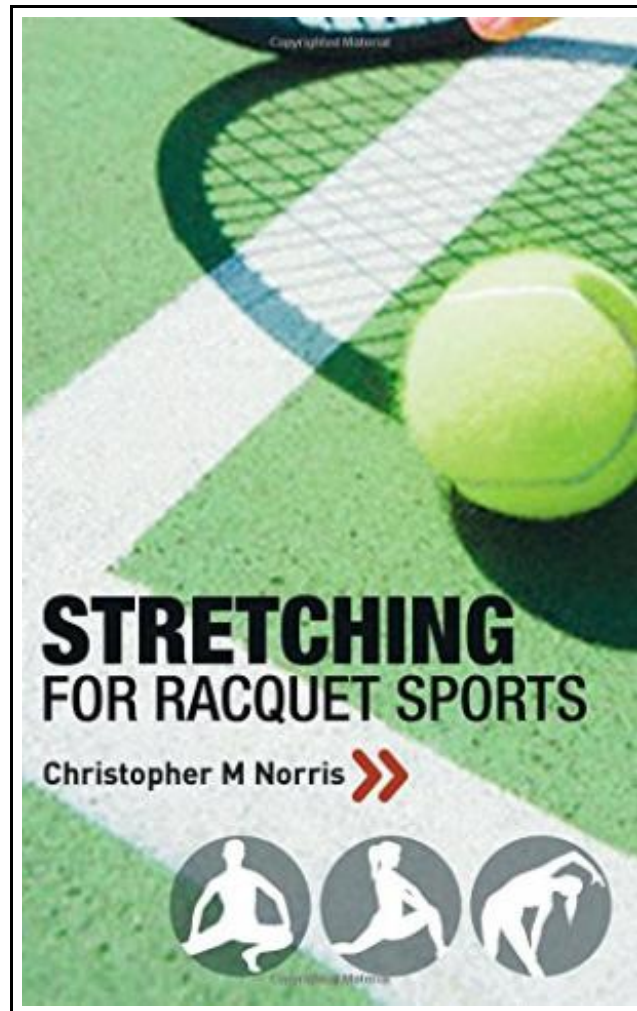


Stretching for Racquet Sports: Chris Norris's Three-phase Programme



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Reviews

The book is fantastic and great. It is definitely basic but shocks in the 50 percent in the pdf. Its been printed in an remarkably basic way and it is just soon after i finished reading this publication in which really changed me, change the way i believe.

(Dr. Lukas Hills DDS)

STRETCHING FOR RACQUET SPORTS: CHRIS NORRIS'S THREE-PHASE PROGRAMME



Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Stretching for Racquet Sports: Chris Norris's Three-phase Programme, Christopher M. Norris, Based on the hugely successful Complete Guide to Stretching, this new series from Chris Norris is a sport-specific three-phase programme of stretching, from beginner level, through intermediate stretches, to advanced dynamic development. Chris introduces the book with some advice on self-assessment and warm-ups, and at the end of the book there is a training log to assess development and a handy section on treating injuries encountered in racquet sports. With stretches illustrated with full-colour photography, and in a handy sports bag-sized format, Stretching for Racquet Sports is your ideal partner on court.



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