



Full-Body Flexibility - 2nd Edition

Jay Blahnik

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Improve flexibility, balance, and strength in three steps! Only the *Full-Body Flexibility* system blends the best stretching methods from yoga, Pilates, martial arts, and sports training into stretching sequences for your every need.

In this updated edition, you'll find 175 stretches and 23 routines that will help you take these steps:

- *Strengthen* muscles to support your body and maximize your entire range of motion.
- *Enhance* flexibility by challenging your muscles with multiple techniques.
- *Balance* muscles in opposing muscle groups on both sides of your body.

Use the book's step-by-step instruction and detailed full-color photo sequences to enhance your body's natural movement, reduce muscular tension, strengthen joints, improve posture, and take your athletic performance to new heights.

Whether you're seeking to improve overall fitness or simply searching for a more effective way to stretch, *Full-Body Flexibility* is your guide for staying active, healthy, pain free, and injury free.

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