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Stretching Machines Or Cables By George W

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'flexibility answers to dancers most asked huffpost

June 2nd, 2020 - 3 what are the most important areas or muscle or muscle groups to stretch for increased flexibility for legs arabesque developed split leaps splits etc since everything is connected it s good to take the time to stretch the entire body and do it in the correct order i like to start with upper body to get the energy going"

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it is anized into chapters covering the following topics **1 physiology of stretching** **2 flexibility** **3 types of stretching** **4 how to stretch** although each chapter may refer to sections in other chapters it is not required that you read every chapter in the order presented"

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