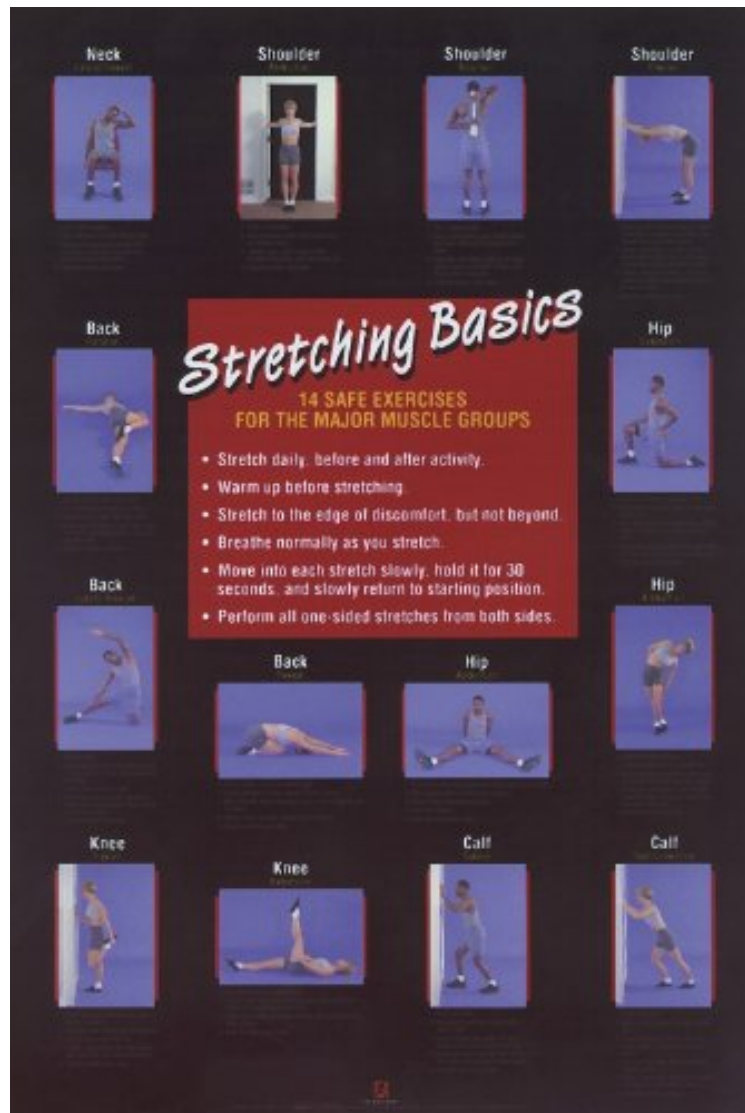


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#3805580 in Books Human Kinetics Model: 088011-7958 1997-03-14 Original language: English 36.00 x 3.00 x 2.50l, Binding: Poster | File size: 16.Mb

Human Kinetics : Stretching Basics Poster before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stretching Basics Poster:

0 of 0 people found the following review helpful. Better than expected By Mr. Art Man The poster was larger than I expected and was the perfect size for the wall space for the fitness I work in. The photos are glossy but look a bit dated but that's okay because it serves its purpose.

This high-quality, full-color poster complements the Teaching Flexibility and Flexibility for Sport and Fitness videos,

accentuating the importance of stretching and serving as a thorough reference-at-a-glance for fitness enthusiasts or athletes. Stretching Basics illustrates the HK Stretch Routine-14 stretches proven to increase and maintain optimal flexibility for each major muscle group-with easy-to-read instructions for every stretch pictured. Laminated and printed on durable matte paper, it's so striking and informative that you'll want to have it framed! Part of the Flexibility Poster Series, this poster can be used alone or with the other posters and related videos to help athletes and clients increase whole body flexibility for improved performance and reduced risk of injury. Individual poster size: 24" x 36". Type: Full-color poster. Matte finish.