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### Stretching!. 30th Anniversary STRETCHING Book

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### Stretching: 30th Anniversary Edition by Bob Anderson, Jean ...

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### **Stretching by Bob Anderson (2010, Trade Paperback ...**

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### **Stretching 40th Anniversary Edition — Shelter Publications**

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This is the book that people tell their friends about, that trainers recommend for virtually every sport and activity, and that medical professionals recommend to people just starting to get back in shape. Stretching first appeared in 1980 as a new generation of Americans became committed to running, cycling, aerobic training, and workouts in the gym - which all seem commonplace now.

### **Stretching: 20th Anniversary - Bob Anderson - Google Books**

Bob Anderson is the world's most popular stretching authority. For over 35 years, Bob has taught millions of people his simple approach to stretching. Bob and his wife Jean first published a home-made version of Stretching in a garage in southern California in 1975. The drawings were done by Jean, based on photos she took of Bob doing the stretches.

### **Stretching: 40th Anniversary Edition by Bob Anderson, Jean ...**

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