

Stretching With Ease: An Illustrated Guide To Your Fit And Flexible Body By Linda Minarik



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Effective static stretching. Pull your elbow towards your midline, with help from opposite hand.
Shoulder/Chest. Stand with your head up, chin in,

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How to Stretch for Ballet. Ballet dancing is not easy. Stretching correctly can help you avoid injury and is useful to do before and after class.

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