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~~Video Featuring~~

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~~Stretching by~~

~~Bob Anderson |~~

~~Book Review~~

~~Episode 1~~ **20 MIN**

LOWER BODY

STRETCH for

Recovery and

Flexibility

(Hamstrings,

Butt, \u0026

Hips) 30 Minute

Full Body DEEP

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STRETCH for
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Flexibility **Dr.**
Martine

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Incredible
Polymath of
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VLOG #3 | Better
Stretching The
Book | Joe Yoon

Total Body Yoga

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A Deep Stretch |
Yoga With
Adriene

Karate Stretches

15 MIN DAILY

**STRETCH - a full
body routine for
tight muscles,
flexibility**

\u0026 mobility

I Pamela Reif 30

Minute Full Body

Deep Stretch |

Sydney Cummings

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BEGINNER

FLEXIBILITY

ROUTINE

*(Stretches for
the Inflexible)
Stretching Book
Stretching by
Bob Anderson The
3 Main Reasons
Why Your Knee
Can't Bend After
Surgery **Flexible
Like Bruce Lee:
His Personal***

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Flexibility

Training 15 Min

Neck Exercises -
Neck Pain

Stretches for
Neck Pain Relief
- Neck

Strengthening
Workout 7

~~Stretches You
Should Do EVERY
DAY Total Body
Stretch -~~

~~Flexibility~~

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~~Anniversary for
the Entire Body
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Anderson, lean
It's NOT Scar
Tissue, here's
why your knee
isn't bending~~

15 MUST DO Lower
Body Stretches [?]
BEST Stretch For
Legs

Best exercises
after knee
replacement20

Min Shoulder

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\u0026

Strengthening

for Pain Relief

- Shoulder Pain

Exercises

Stretches 30 Min

Exercises for

Lower Back and

Hip Pain Relief

- Stretches for

Lower Back Pain

Exercises 10

Best Seated

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**Anniversary \u0026
Exercises for
Seniors and
Office Workers.**

~~20 min Full Body
STRETCH/YOGA for
STRESS \u0026~~

~~ANXIETY Relief~~

How to Stretch
for Beginners-
Full Body

Routine with
Yoga Strap 10
Tips \u0026

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Stretches to
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Bend After Knee
Replacement. How

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Stretch Routine
- Total Body
Stretching
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Flexibility

Stretches Billy
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to better define
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section focuses
on office

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fitness
exercises,
helpful for both
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of Bodyweight
Exercises

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What was new and changed in the 30th edition, is a two-color design and revised colors on the cover, a new routine for stretching with trekking poles,

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A new section
with 10 routines
taken from
STRETCHING IN
THE OFFICE, and
there is a
description of 4
types of
stretching
(including
dynamic
stretching for
athletes).
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Bob Anderson's
classic,

'Stretching:

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30th Anniversary

Anniversary' is
the classic
static

stretching book.

However, today
most training
books shy away
from static
stretching in
favor of more
dynamic, whole
body warm ups
followed by

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exercising and
then static
stretching when
the body is
still warmed up
and more
flexible from
working out.

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This 30th anniversary edition features two-color inks to better define the muscle groups helped by each stretching exercise. A new section focuses on office fitness exercises, helpful for both

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home and office
computer users.

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Bob Anderson
(2010, Trade
Paperback ...~~

Stretching: 30th
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Paperback - 6
April 2010. by
Bob Anderson
(Author), Jean

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Anderson
(Illustrator)

4.7 out of 5

stars 632

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Your Illustrated
Guide to
Flexibility and
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The 30th edition
was redesigned
with 2-color
drawings to
better define
the areas of the
body you should
feel the stretch
and a section
was taken from

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their book

STRETCHING IN
Edition Bob
THE OFFICE to
Anderson, Jean
add stretches

for computer
use. Along the
way they
produced a DVD
on general
stretching
featuring Bob
Anderson.

~~Stretching!~~

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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-

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made version of
Stretching in a
garage in
southern
California in
1975. The
drawings were
done by Jean,
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she took of Bob
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Work Move your
hands down your
legs until you
feel a burning

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experience. Hold
f. . .

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This 30th
Anniversary
Edition has
helped people of
all ages, sizes,
and levels of

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their
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flexibility and
Anderson, lean
stay in shape.

Why stretching
is more
important than
ever It's no
secret, with
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increased
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without exception, needs to increase their flexibility.

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to better define
the muscle
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books of all
time. Now it has
been completely
revised and

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Bob has taught
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Jean first

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