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## Improving Flexibility (Paperback)

By Paul Mason

Hachette Children s Group, United Kingdom, 2016. Paperback. Book Condition: New. 270 x 147 mm. Language: English . Brand New Book. It s not just gymnasts and ballet dancers who need to be flexible. Sports such as rock climbing, Judo, diving and cricket rely on flexibility to be performed well and reduce the risk of injury. This book explains the science behind flexibility, provides exercises and explains the effects diet has on muscle performance. \* Test your flexibility and follow professional step-by-step exercises to improve it. \* Discover how your muscles, joints, ligaments and tendons work together to enable the body to be flexible. \* Understand how to stretch to avoid injury and what the difference is between static, dynamic and assisted stretching. \* Read about sportspeople such as Tom Daly, Lynn Hill and Rafael Nadal, whose flexibility has helped them to excel. Combining sports science, nutrition, training programmes and exercises, the Training for Sport series of books is a complete guide to raising performance for children aged 9+.



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Simon Schuster Ltd, United Kingdom, 2003. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book. Ready-to-Read Level 3 Reading Proficiently Rich vocabulary More-challenging stories Longer chapters Harriet Tubman was born a slave. But she always knew that...



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Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Marilee Harrahd-Pilz (illustrator). 224 x 147 mm. Language: English . Brand New Book. This is volume seven, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2)for beginning readers.Two...



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### **Readers Clubhouse Set B Lukes Mule (Paperback)**

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