



## Flexibility for Sport: The Skills of the Game

Bob Smith

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### Flexibility for Sport: The Skills of the Game

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#### Flexibility for Sport: The Skills of the Game Bob Smith

In this book, Bob Smith explains the vital importance of flexibility in preparing for sport or within a general fitness program. He explores the factors affecting natural suppleness, and shows how everybody can improve their flexibility. A whole range of general and sport specific stretches are demonstrated, and sample programs are also included to show how all athletes can incorporate flexibility training into their daily practice.



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