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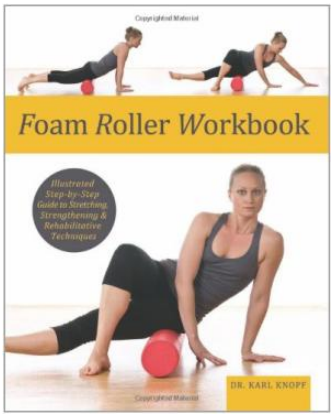

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Foam Roller Workbook: Illustrated Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques, Karl G. Knopf, AMPLIFY YOUR STRETCHES AND EXERCISES USING THE FOAM ROLLER Once used exclusively in physical therapy settings, the foam roller has made its way into yoga and pilates studios, gyms and homes. With this simple device, you can: *Improve core strength *Increase flexibility *Release tension *Alleviate pain *Rehabilitate injuries Foam Roller Workout offers 50 effective exercises paired with...

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