



# **The Flexible Stretching Strap Workbook: Step-by-Step Techniques for Maximizing Your Range of Motion and Flexibility**

*Mark Kovacs*

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# The Flexible Stretching Strap Workbook: Step-by-Step Techniques for Maximizing Your Range of Motion and Flexibility

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**AN ALL-IN-ONE GUIDE TO IMPROVING FLEXIBILITY USING THE SIMPLE AND HIGHLY EFFECTIVE STRETCH STRAP**

Easy to use and inexpensive, the stretching strap is the ultimate at-home tool for improving range of motion for any part of the body. From ankle to neck, the targeted exercises in this book unleash the power of the stretching strap to help:

- Release Muscle Tension
- Improve Tendon Elasticity
- Increase Flexibility
- Alleviate Pain
- Rehabilitate Injuries
- Boost Athleticism

A band lined with multiple loops to allow a spectrum of different static and dynamic possibilities, the stretching strap is a staple among trainers and physical therapists. Now this guide brings the benefits of a stretching strap routine right into your living room with 50 exercises that target your personal fitness or rehab goals.

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