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Stretch Like the Pros of the NFL. Shared By: StrechWorks via Rob Fitzgerald. Ann Frederick first stretched Randy Moss before a game in a hotel room in 1999 the

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""Flexibility is a key to an athlete's success. The advice, exercises, and programs in" Stretch to Win "will enable your body and mind to be balanced and connected so

## **Ann frederick | stretch | zoominfo.com**

View Ann Frederick's business profile as President and Founder at Stretch and She is President and Founder of the Stretch to Win Center and the Stretch To Win

## **Ann frederick (author of stretch to win) -**

Ann Frederick is the author of Stretch to Win (3.82 avg rating, 34 ratings, 3 reviews, published 2006), Kaplan Uyand rmak Ann Frederick s Followers.

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Ann Frederick developed her Stretch To Win System of Flexibility Training and Stretching based on her academic interest in Human Movement and more than thirty years

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For more than a decade, the Stretch to Win system has been used by many elite athletes. Now, the same stretching matrix used by the pros is available

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The groundbreaking Stretch to Win system offers Created by Ann and Chris Frederick, FST focuses the attention on releasing the fascial constraints whilst

## **Ann frederick - google profile**

Ann Frederick - Teacher and Therapist - Stretch to Win Center & Institute - I am known as the "Stretch Lady" among professional athletes and students

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## **Stretch to win (book, 2006) [worldcat.org]**

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Ann and Chris Frederick discuss Fascial Stretch Therapy and their Stretch to Win book. Topics include current research on stretching and the fascia, the major factors

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Ann Frederick is the director of flexibility training for the Stretch to Win Clinic, where she has worked with many elite athletes, including Philadelphia Eagles star

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Science of Fascial Stretch Therapy. In 1995 at Arizona State University, Ann Frederick did a videographic research analysis with a PhD mentor in exercise science.

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