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Stretch to Win. Stretch to Win is the system of flexibility training developed by Ann and Chris Frederick, authors of, Stretch to Win . The Stretch to Win system

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## **Stretch to win**

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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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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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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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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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

### **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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