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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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""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

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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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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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Audio interview with ann and chris frederick

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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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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Chapter 1. Ten Principles for Stretching Success Chapter 2. Anatomy of Athletic Flexibility Chapter 3. Flexibility for Sport Performance Chapter 4.

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

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. Online Marketing Tips. Authors Ann and Chris Frederick have trained many elite and aspiring athletes to achieve optimal muscle and joint function.

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