



Stretching Your Limits: 30 Step by Step Stretches for Ballet Stretch Bands

14 Peaks

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Stretching in any sport or discipline, even when just competing for fun, is an important factor in helping the body to prepare itself for what you are about to put it through. Stretching before pushing it to the limits, as a professional, is nothing less than essential.

In this book we will teach you how to stretch using our stretch bands in your preparations, look at the necessity of warming up, cooling down and why it is so important to stretch. It is particularly aimed at those who participate in;

- Dance
- Ballet
- Cheerleading
- Gymnastics

There are more than 30 great stretches in this book. All of them have been carefully choreographed by a professional ballerina, using the stretch bands, and are accompanied by helpful step by step instructions, as well as photographs to let you see the exact positions you should strive for.

We cannot over-emphasise the need to stretch properly and with this book and our stretch bands you'll be properly prepared, every time. Download a copy today and see how stretching with stretch bands can increase your flexibility and proficiency.

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