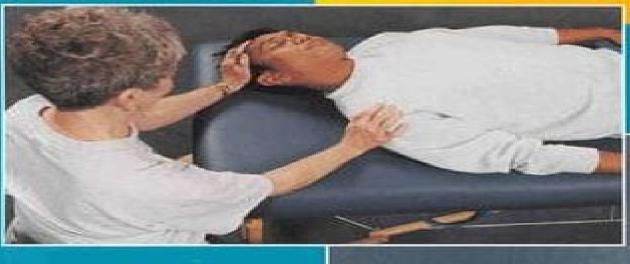
# Facilitated Stretching



Second Edition

Assisted and unassisted PNF stretching made easy



Robert E. McAtee / Jeff Charland

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