



Stretch to Win

Ann Frederick, Christopher Frederick

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Learn the dynamic exercise techniques that most closely represent the movements and loads that will be required of your body on the court, field, course, track, or mat or in the water. After you complete a simple self-evaluation, a special science-based stretching matrix enables you to tailor a program specifically for your body, your sport, your position, or your event.

Authors Ann and Chris Frederick have trained many elite and aspiring athletes to achieve optimal muscle and joint function. Now you can stretch to win and enjoy the same results champions in all sports have achieved through this modern, customized flexibility training program.

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