

# Stretching Scientifically: A Guide To Flexibility Training By Thomas Kurz

**By Thomas Kurz**

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*Stretching Scientifically* tells you how to workout and what kept you from becoming more flexible faster. It tells you all the whys of dos and don'ts so now you will

*Stretching Scientifically: A Guide to Flexibility Training*. Thomsa Kurz, Thomas Kurz. Published by Stadion Publishing Company, Inc.

My most valuable resource was Thomas Kurz's *Stretching Scientifically*. *Stretching Scientifically: A guide to flexibility training*. Island Pond: Stadion, 2003.

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