

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

**By Thomas Kurz**

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Thomas Kurz is the author of *Stretching* *Stretching Scientifically: A Guide to Flexibility Training* *A Guide to Flexibility Training* by Thomsa Kurz,

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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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