



Stretching for a Healthy Back Poster (Flexibility Poster)

Human Kinetics

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This high-quality, full-color poster complements the *Teaching Flexibility* and *Flexibility for Sport and Fitness* videos, accentuating the importance of stretching and serving as a thorough reference-at-a-glance for fitness enthusiasts or athletes.

Stretching for a Healthy Back presents 14 safe, effective stretches for eliminating pain and building strength in this crucial area of the body, with easy-to-read instructions for every stretch pictured. Laminated and printed on durable matte paper, it's so striking and informative that you'll want to have it framed!

Part of the *Flexibility Poster Series*, this poster can be used alone or with the other posters and related videos to help athletes and clients increase whole body flexibility for improved performance and reduced risk of injury.

Individual poster size: 24" x 36". Type: Full-color poster. Matte finish.

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From reader reviews:

James Brier:

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Peggy Witzel:

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Donald Cauley:

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