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Ann frederick - google profile

Ann Frederick - Teacher and Therapist - *Stretch to Win* Center & Institute - I am known as the "Stretch Lady" among professional athletes and students
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Ann and Chris Frederick discuss Fascial Stretch Therapy and their *Stretch to Win* book. Topics include current research on stretching and the fascia, the major factors
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Ann Frederick is the director of flexibility training for the Stretch to Win Clinic, where she has worked with many elite athletes, including Philadelphia Eagles star

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Ann frederick (author of stretch to win) -

Ann Frederick is the author of Stretch to Win (3.82 avg rating, 34 ratings, 3 reviews, published 2006), Kaplan Uyand rmak Ann Frederick s Followers.

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