



# **Power-Flex Stretching: Get Maximun Flexibility in Minimum Time: Super Flexibility and Strength for Peak Performance**

*David De Angelis*

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## **Power-Flex Stretching: Get Maximun Flexibility in Minimum Time: Super Flexibility and Strength for Peak Performance** David De Angelis

This book reveals the secrets of developing excellent strength and flexibility qualities in a very short time as you never dared to think of before! Do you need to achieve a higher level of flexibility? Does your sports discipline require the strength out of common run? You can really express all your athletic capabilities only developing your strength and flexibility qualities at maximum. In some sports disciplines like Martial Arts artistic Gymnastic, competitive Aerobics and many others not only higher level of joint mobility is needed but it is also fundamental for achieving high performance level. Super flexible and strong physique will allow you to build the bases for excellent athletic performances as well as to build injury-proof physique. The author - acknowledged as an expert in the sector - puts at your disposal the incredibly valuable and efficacious exercises which were born from his personal experience as professional athlete and from his studying on the issue! Scientific knowledge and precious personal experience are matched in this book.

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