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Foam Roller Workbook: Illustrated Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques

By Karl G. Knopf

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 *Alleviate pain *Rehabilitate injuries Foam Roller Workout offers 50 effective exercises paired with clear captions and step-by-step photos that will help you roll your way to better posture, balance and relaxation. In addition, special programs will enhance your sporting life, whether you hit the track, the court, or the slopes.



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