



Stretching Basics: Breathe - Stretch - Relax

Sigung Manuel Sanchez, Dr. Logan Osland D.C.

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We put together this project with the idea of giving people a routine to stretch out the entire body in a simple, efficient manner. Most people start stretching after an injury and are doing some rehabilitation. We all know, or should know, maintaining some flexibility is important to the way our body functions, mentally and physically.

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