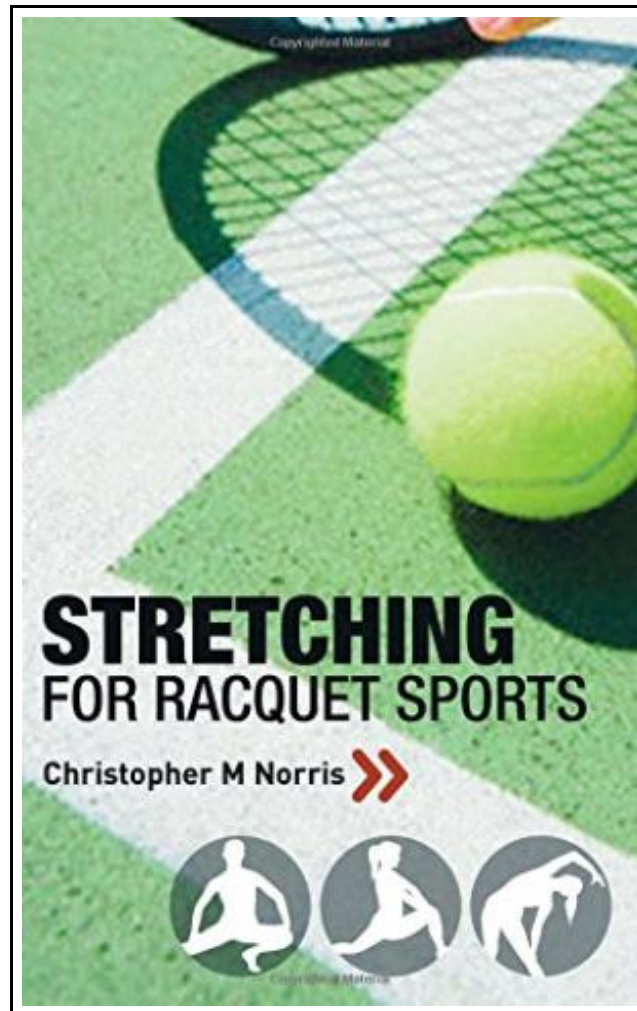


Stretching for Racquet Sports: Chris Norris's Three-phase Programme



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