

# Fascial Stretch Therapy By Chris Frederick;Ann Frederick

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**stretch to win by ann frederick, christopher** - Authors Ann and Chris Frederick have trained many elite and aspiring athletes to achieve optimal muscle and joint function. Fascial Stretch Therapy Workshop

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**movement performance clinic - nsca** - He is a Director of the Stretch to Win Fascial Stretch Therapy , Chris and Ann Frederick are Register and attend the Movement Performance Clinic FMS

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