



# **The Art of Ball Stretching:**

A Guide to Enhancing  
Your Manhood

# Ball Stretching Guide

**Clare Maxwell-Hudson**



## **Ball Stretching Guide:**

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[The Complete Idiot's Guide to Healthy Stretching](#) Chris Verna, Steve Hosid, 1998 Guide to stretching exercises that can be done at home in the car at work or nearly anywhere

*Fitness Instructor Training Guide* Cheryl L. Hyde, 2002

*The Baffled Parent's Guide to Great Soccer Drills* Tom Fleck, Thomas Fleck, Ronald W. Quinn, 2002 Publisher Description

**A Parent's Guide to Coaching Baseball** John P. McCarthy, 1989

*K.I.S.S. Guide to Massage* Clare Maxwell-Hudson, 2002-01-23 The only guide you ll ever need to master massage from head to toe Improve your technique through a better understanding of anatomy choose the right equipment from massage couches to essential oils find out how to vary massage styles for children athletes and seniors Master simple exercises from tapping to chopping and kneading Discover a range of therapies that complement massage The KISS Series delivers its promise simple access to all the information you ll need on any one subject Expert authors walk you through each topic using simple blocks of knowledge to develop your skills Straightforward and relaxed in its approach to each subject and full color photography on every page make KISS Series inspiring and informative with key information highlighted throughout

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