

# Anatomy Of Stretching

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### **Anatomy and physiology for exercise and health**

Anatomy and physiology for exercise and health It is the aim of this unit to develop your knowledge and stretching: • static (passive and active) • dynamic • proprioceptive neuromuscular facilitation \*Assessor initials to be inserted if orally questioned UV30536 7

### **Topical Sermons - Executable Outlines**

stretching Our spiritual 5BX plan begins with a daily regimen that will stretch our souls] I READ THE WORD OF GOD A THE WORD OF GOD 1 The means by which we grow spiritually - 1Pe 2:2 2 Read the Psalmist's valuation of the Word - Ps 19:7-10 3 It was by the Word of God that Jesus resisted the devil - Mt 4:4,7,10 4