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Ann Frederick - Teacher and Therapist - Stretch to Win Center & Institute - I am known as the "Stretch Lady" among professional athletes and students
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Ann Frederick developed her Stretch To Win System of Flexibility Training and Stretching based on her academic interest in Human Movement and more than thirty years

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Ann Frederick developed her Stretch To Win System of Flexibility Training and Stretching based on her academic interest in Human Movement and more than thirty years

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Ann Frederick is the director of flexibility training for the Stretch to Win Clinic, where she has worked with many elite athletes, including Philadelphia Eagles star

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Ann frederick (author of stretch to win) -

Ann Frederick is the author of Stretch to Win (3.82 avg rating, 34 ratings, 3 reviews, published 2006), Kaplan Uyand rmak Ann Frederick s Followers.

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