

# **STRETCHING EXERCISES ENCYCLOPEDIA**

**Ashlie Calia**

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Some common mistakes when performing this exercise are pulling too hard and executing the movement too rapidly. Submit Search. NewPaperbackQuantityAvailable:Language:English. Yet if the goal is to actually improve – not just maintain – flexibility, then these stretching sessions should be increased to 5 or 6 times a week and last from 15 to 30 minutes. David Mitchell. Convert currency. Publishedin:Education.The head may be in line with the shoulders, but a greater stretch is achieved if the head is flexed slightly, allowing the shoulders to come up beside it.