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## **Craig ramsay**

Craig Ramsay Host I Speaker I Author I Television Personality I Fitness Programmer For inquiries please contact: Jennifer Wilson at CODED PR [jwilson@codedpr.com](mailto:jwilson@codedpr.com)

## **Craig ramsay (author of anatomy of stretching) -**

Craig Ramsay is the author of Anatomy of Stretching (4.65 avg rating, 17 ratings, 0 reviews, published 2012), Anatomy of Muscle Building (3.86 avg rating

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About Author Craig Ramsay is a personal trainer. He is recognised in the fitness industry for his extensive knowledge and for more than 10 years of experience

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