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With over ten years of experience, Craig Ramsay is one of the most sought-after trainers in the business. A trained contortionist, ballet dancer, hockey player

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Jul 28, 2012 Anatomy of Stretching by Craig Ramsay is a fairly comprehensive rendition on the various stretch exercises that can be done to train the limbs to move in

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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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