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Wharton health

Phil Wharton, who has worked with some of the top runners in the world over the last 15 years, while in the care of Jim and Phil Wharton.

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and The Whartons' Back Book -- Jim and Phil the Wharton's Stretch book clearly shows acceptable ranges of motion for each stretch. In addition, the Back Book

Q & a: your questions about stretching : npr

Aug 01, 2006 Our listeners wanted to know if exercise physiologist Jim Wharton has any DVDs that demonstrate his techniques; there's information at [www](#)

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Whether you're a serious competitor or weekend warrior, you know that proper stretching before and after your workout can improve your performance, increase your

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Jim wharton (author of the whartons' stretch

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The whartons' stretch book: jim wharton, phil

One of the dirty secrets of the fitness world is that for all the talk about the importance of stretching, many athletes and other fit people don't bother with it. It

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The Whartons Back Book by Phil Wharton Father-and-son training team Jim and Phil Wharton have served as and this book taught me how to stretch properly so that

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(9780984966318) av Jim Wharton, Phil The Whartons' Strength Book: Upper Body is Using the Active-Isolated techniques introduced in the Whartons' Stretch

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Jim Wharton, an exercise physiologist known as "The Mechanic" (for his ability to finely tune athletes), and his son, Phil, a competitive long-distance runner, are

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Dynamic stretching | nyrr

Phil Wharton is vice president of Wharton Jim, in 1989. Together they are the authors of several instructional resources including The Whartons' Stretch Book

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Whartons' back book: stretching and strengthening

Whartons' Back Book: Jim and Phil Wharton are the authors of The Whartons' Stretch Book and The Whartons' Strength Book.

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