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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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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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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