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Home - Super Stretch Kids Yoga

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Read "Power-Flex Stretching I segreti della super flessibilità" by David De Angelis available from Rakuten Kobo. Power-Flex è un libro di fisiologia dello sport. Illustra come incrementare in modo importante la flessibilità articolare...

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The ability to stretch, deform, expand, or contract one's body into any form imaginable. The user is or can become

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extremely malleable and elastic, allowing them to stretch, flatten, deform, expand, and contract their whole body, including limbs, torso, neck, etc. They can control how elastic/flexible they or parts of them are, allowing them to change their bodies into various tools or other ...

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