

# **The Whartons' Stretch Book By Jim Wharton;Phil Wharton**

**By Jim Wharton;Phil Wharton**

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

<http://www.nyrr.org/train-with-us/injury-prevention/stretching/dynamic-stretching>

Aug 01, 2006 The Whartons' Stretch Book Featuring the Breakthrough Method of Active-Isolated Stretching. by Phil Wharton, Bev Browning and Jim Wharton

<http://www.npr.org/books/titles/138036445/the-whartons-stretch-book-featuring-the-breakthrough-method-of-active-isolated-s>

helping professionals like Phil Wharton discover inside connections to recommended job The Whartons Stretch Book Random House Phil Wharton, Jim Wharton;

<https://www.linkedin.com/in/whartonhealth/es>

The Whartons' Stretch Book. Jim Wharton, Phil Wharton. Published by TimesBooks (Random House) (1996) ISBN 10: 0812926234 ISBN 13: 9780812926231

<http://www.abebooks.com/book-search/isbn/9780812926231/>

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

<http://www.amazon.ca/The-Whartons-Stretch-Book-Wharton/dp/0812926234>

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.

<http://www.whartonhealth.com/>

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<http://www.gohastings.com/product/BOOK/The-Whartons-Stretch-Book/sku/195325516.uts>

The Whartons' Stretch Book by Jim Wharton: Whether you're a serious competitor or weekend warrior, you know that proper stretching before and after your workout can

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Phil Wharton is the author of The Whartons' Stretch Book (4.19 avg rating, 80 ratings, 11 reviews, published 1996),

[http://www.goodreads.com/author/show/46098.Phil\\_Wharton](http://www.goodreads.com/author/show/46098.Phil_Wharton)

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Phil Wharton wants to the former running reporter for USA Today who initially referred Khannouchi to the Whartons, says, "Phil has the Jim Wharton also  
<http://www.runnersworld.com/elite-runners/phil-wharton-peace-through-strength?page=single>

Author: Jim Wharton, Phil Wharton, Title: The Whartons' Stretch Book The Whartons' Stretch Book (Paperback) By: Jim Wharton, Phil Wharton  
<http://www.tower.com/whartons-stretch-book-bev-browning-paperback/wapi/100690570>

Whartons' Back Book: Jim and Phil Wharton are the authors of The Whartons' Stretch Book and The Whartons' Strength Book.  
<http://www.barnesandnoble.com/w/whartons-back-book-jim-wharton/1112483753?ean=9781579547035>

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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  
<http://www.barnesandnoble.com/w/the-whartons-stretch-book-jim-wharton/1000401371?ean=9780812926231>

The Whartons' Stretch Book, by Jim and Phil Wharton. This book features the breakthrough method of Active-Isolated Stretching, the revolutionary yet remarkably simple  
<http://www.mrtherapy.com/store/cart.cgi?action=link&product=8>

Below are 8 active isolated stretches from the father/son team of Jim and Phil Wharton. The underlying theory behind A.I. is that if a muscle is stretched too far  
<http://www.runnersworld.com/injury-treatment/active-isolated-stretching-exercises>

The Whartons Stretch Book The Whartons Flexibility DVD and trainers, and pioneered by Jim and Phil Wharton, is your new exercise prescription.  
<http://www.whartonhealth.com/wordpress/flex-kit>

Get this from a library! The Whartons' stretch book : featuring the breakthrough method of active-isolated stretching. [Jim Wharton; Phil Wharton] -- Whether you're a  
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About Phil Wharton; which includes The Whartons Stretch Book, and The Whartons Back Book  
Jim and Phil have trained and conditioned  
<http://www.philwharton.com/>

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  
<http://www.telecommunicationsbooks.net/book/The-Whartons-Stretch-Book/9780812926231/>

The Whartons' Stretch Book by Jim Wharton (July 9 1996) on Amazon.com. \*FREE\* shipping on qualifying offers.  
<http://www.amazon.com/Whartons-Stretch-Book-Wharton-July/dp/B00DEK7V1E>

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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  
<http://www.bokus.com/bok/9780984966318/whartons-strength-book-upper-body/>

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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  
<http://www.amazon.com/Whartons-Back-Book-Forever-With-Revolutionary/dp/1579547036>

The Whartons' Stretch Book has 79 ratings and 11 reviews. Rob said: I can use keyboards without pain because of this book. This book explains the reason  
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