

# Fitness Stretching.pdf

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## [PHYSICAL FITNESS FOR LAWN BOWLING - Sun City Lawn Bowls](#)

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Physical Fitness For Lawn Bowling Page 3 The Australian bowls coaches' manual details a range of stretches for the major muscles of the legs, back, arms and

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Stretching is a form of physical exercise in which a specific muscle or tendon (or muscle group) is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion. Stretching is also used therapeutically to alleviate cramps.

## [Planet Fitness - Wikipedia](#)

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Planet Fitness (PFIP LLC) is an American franchisor and operator of fitness centers based in Hampton, New Hampshire. The company reports that it has 1,500 clubs, making it one of the largest fitness club franchises by number of members and locations. There are locations across the United States as well as in other countries such as Canada, Puerto Rico, Dominican Republic, Panama, and Mexico.

## [Personal Fitness - MeritBadgeDotOrg](#)

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Personal fitness is an individual effort and desire to be the best one can be. Regardless of their current levels of personal fitness, in the twelve weeks it will take Scouts to complete the athletic requirements for this merit badge, they will be in better shape, feel better about themselves, have more energy, and gain self-confidence in their overall abilities.

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