



The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body

Robert Donald Cooley

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Utilizing a revolutionary technique that has been user-tested by thousands of people from Olympic athletes to people suffering from serious injury, *The Genius of Flexibility* presents a sixteen step stretching regimen that dramatically improves flexibility and strength while improving physiological and psychological health.

Something The World Hasn't Yet Seen—You Can Forever Be More Flexible.

The Technique: RESISTANCE STRETCHING® offers immediate, cumulative, and permanent increases in flexibility, takes the pain out of stretching, and protects you from injuring yourself by overstretching.

The Program: THE MERIDIAN FLEXIBILITY SYSTEM® provides stretches for sixteen unique muscle groups with physiological and psychological benefits.

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