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## Stretch And Strengthen

**STRETCH & STRENGTHEN**



A safe, comprehensive exercise program to balance your muscle strength with lifelong flexibility

by the author of  
[SURVIVING EXERCISE](#)

**JUDY ALTER**



## Synopsis

An exercise book with a difference, STRETCH AND STRENGTHEN features 100 exercises, fully illustrated, which apply the invaluable system introduced in SURVIVING EXERCISE. Soundly based on exercise philosophy and on new discoveries in kinesiology and sports medicine, the book fits the individual needs of everyone who exercises, from sedentary beginner to professional athlete.

## Book Information

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Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (25 customer reviews)

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## Customer Reviews

These days physiotherapy is becoming rather specialized, with "sports therapists", "dance medicine", etc. Unfortunately, there's a lot of quackery mixed in with some half-useful advice. "Stretch and Stengthen" is one of the few books on stretching I can give an unqualified recommendation. It was written before the Pilots/Yogurt craze, and manages to avoid all the goofy (and completely useless) mental imagery and holistic gibberish. The routines are comprehensive, thorough, and if followed regularly really will increase your flexibility without decreasing your brain cells. She gives suggested routines for specific sports and specific problems. I have immense amounts of flexibility combined with insanely tight hamstrings and gait-related issues, and of course I have lower back problems. A combination of daily stretches from this book plus Thai massage has done wonders--I'm truly ache-free for the first time in over 20 years. (And I will also attest that one hasn't worked without the other.) My only complaint is the book's organization. The routines are listed at the beginning of the book, but the actual stretches are scattered in an rather unorganized fashion throughout. I had to make copies of the individual routines so I didn't have to keep flipping through the book. Not a big deal, but a little annoying. An easier way to deal with this is to list pointers from each routine to the next one. For example, if you're doing "the tight hamstring routine"

the book would then list the next stretch in sequence. One of the other stretching books I've read (perhaps the Fitness stretch book, I'm not sure anymore) did this and it was a much better solution.

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