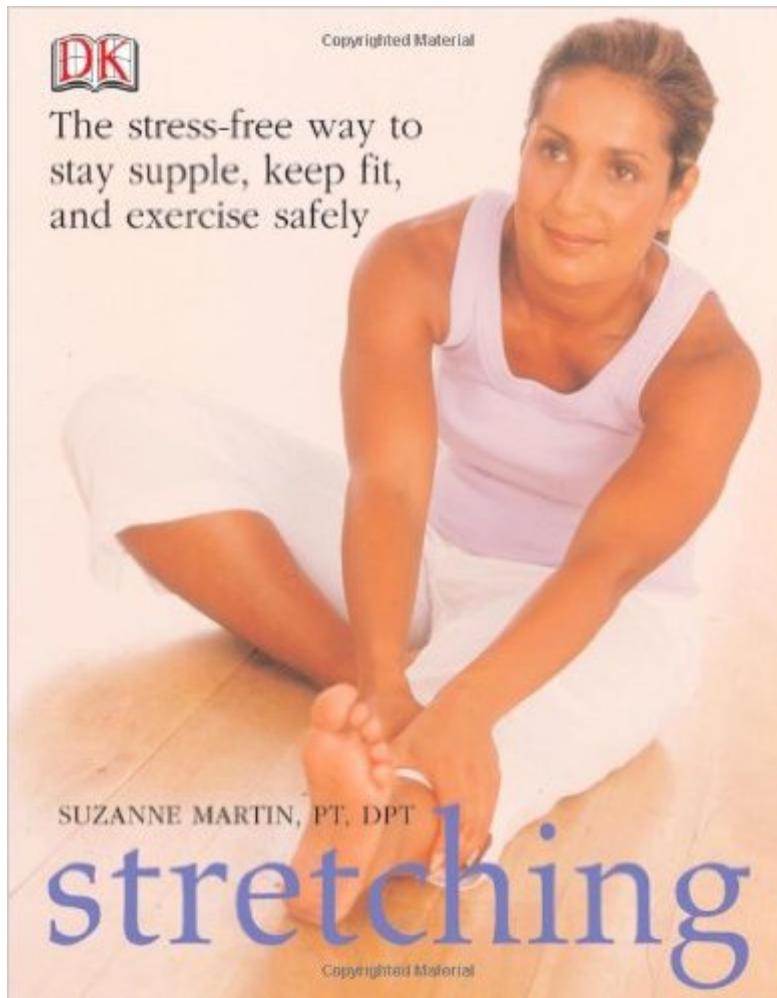


The book was found

Stretching



Synopsis

Discover the key to staying fit and supple with this easy-to-do stretching program. Targeted warm-up and cool-down stretches prevent sports injuries, while others effectively counter aches and pains, bad posture, and the effects of aging. An added benefit is ease: this practical stretching program fits effortlessly into a busy life.

Book Information

Paperback: 160 pages

Publisher: DK ADULT (July 4, 2005)

Language: English

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Product Dimensions: 7.2 x 0.5 x 9.3 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #203,098 in Books (See Top 100 in Books) #47 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #762 in [Books > Self-Help > Stress Management](#) #1027 in [Books > Deals in Books](#)

Customer Reviews

Stretching improves flexibility and energizes the body, but it is also important for good posture.

~Suzanne Martin Suzanne Martin has cataloged almost every stretch known to humans in one book.

Page after page of head-to-toe stretches are shown in full-color photography. You can either stretch during daily activities or create an entire stretching routine.

Contents: What Is

Stretching? Head-To-Toe Catalog of Stretches 21-Day Posture Program Basic Stretching

Routines Stretches for Sports - Tennis, Golf, Swimming Stretches for Daily Activities - Computer use, Long Drives, Telephone Calls, Lifting, Standing, Sitting, Hauling. Stretches for Pregnancy Therapeutic

Stretches for Neck and Shoulders By stretching the body, you can stay healthy and supple, prevent injury while playing sports or relieve pain and improve your posture. No matter what you hope to achieve, Suzanne Martin's book makes it possible. Each picture has details, like "where you will feel the stretching taking place." There are also ideas about how stretching can prevent lower back pain or even prevent fluids from being trapped in the lower body (leg swelling.)

Highlights: A Flexibility

Test Pictures Modifications of Stretches including how to intensify stretches Names for all the

stretches STRETCHING is an excellent guide to more stretching techniques than I have ever seen in

an exercise routine/stretching routine DVD. The practical stretching, for say computer use, makes this book indispensable.~The Rebecca Review

I went to several bookstores looking for this book. All I found were similar titles and one very inept salesperson that told me that this book wasn't "out" yet. I found this book immediately on .com and it was delivered to my door in less time than I spent driving around looking for it. This book is easy to read, has easy to follow instructions and photographs demonstrating the various stretching exercises. I especially like the organized catalog format that makes it easy to reference.

WHAT I LIKE MOST ABOUT THIS BOOK IS THE WAY IN WHICH IT IS LAID OUT MAKING IT EASY TO FIND WHAT YOU'RE LOOKING FOR ON ANY PARTICULAR DAY. LIKE IF YOU PLAN ON GOLFING AND WANT TO KNOW WHAT STRETCHES TO DO FOR GOLF IT'S RIGHT THERE FOR YOU. THE PICTURES ARE ALSO GREAT IN THAT IT TELLS YOU EXACTLY WHERE YOU SHOULD FEEL THE STRETCH.

I have had this book for years. It is extremely helpful for a variety of conditions, but also good for general use. The stretches for computer users alone would make this book worth the price. I am sorry that the man who reviewed this item felt it was only geared towards women, but I disagree. Yes, the models are women, but all of the exercises described are beneficial to both genders except the pre and post natal sections. There is plenty of information about where to start as a beginner, and the flexibility test helps you determine what parts of the body need work. My teen son has lost my copy somewhere in his room, and if it doesn't turn up soon, he will have to replace my well worn copy.

I have lifted weights for years and found that I couldn't even touch my toes with my lack of stretching. I purchased this book as a great beginner into trying to get my muscles more relaxed. It gives a simple step by step way to improve flexibility and health. I felt a heck of a lot better after using this inside of the first week.

The contents of this book are very good if you can overlook the misspellings and the entirely missing parts of sentences. It's a proofreading disaster! Did the editors etc. ever look at this book before it went into mass production? It makes me wonder if they left out some the important stretching information also!

Very well done. Stretching is just one of the most ignored easy activities around. This book provides all you need to improve your physical well being beyond what you would think. Follow the guidelines in this book and enjoy your life a lot more than if you ignore this priceless information.

Lots of pictures illustrating the location where stretch should be felt if you do it right. Good layman's terms concerning the importance of stretching daily. One of the best books I've seen that encourages stretching to feel better all over. Specialized stretching for specific sports included. Every stretch is within a person's reach if they will just try.

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