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The Complete Guide To Stretching



Synopsis

The Complete Guide to Stretching is the definitive practical handbook for: - sports participants and recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance - sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness - sport and exercise therapists who could use stretching as an important part of a balanced rehabilitation programme A reasonable level of flexibility is essential to the healthy functioning of joints and muscles, which in turn facilitates performance and reduces the risk of injury. The Complete Guide to Stretching provides an accessible overview of the scientific principles that underpin this form of training and offers more than 70 exercises designed to safely increase range of motion right across the body. This new edition is in full colour, with brand new photographs demonstrating the stretches throughout.

Book Information

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Customer Reviews

well written I have the hard copy but love my Kindle edition for reference and ease of use a very good book to add to a PT or anyone involved in sports

This is a reference book about the most important stretching techniques. It includes 70 different types of stretching as well as illustrations.

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