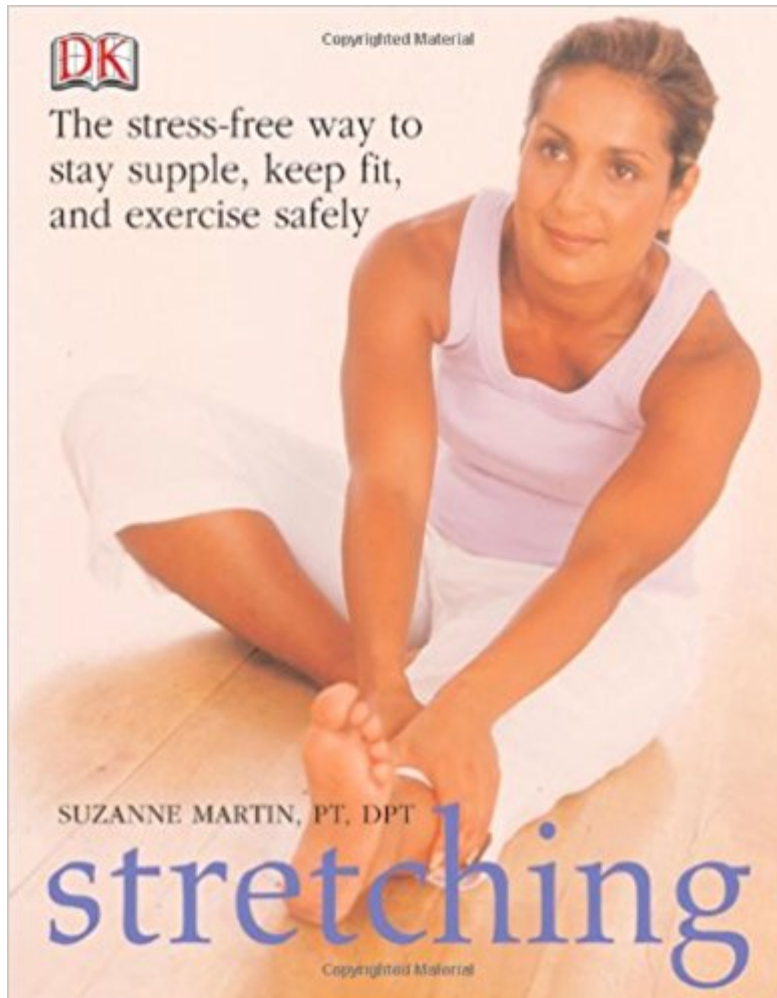




The book was found

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

ISBN-10: 0756609526

ISBN-13: 978-0756609528

Product Dimensions: 7.2 x 0.5 x 9.3 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.6 out of 5 stars 18 customer reviews

Best Sellers Rank: #599,356 in Books (See Top 100 in Books) #83 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #1575 in Books > Self-Help > Stress Management #2519 in Books > Deals in Books

Customer Reviews

A licensed physical therapist, Suzanne Martin received her certification in fitness instruction from the American College of Sports Medicine. She has worked extensively in the fields of group fitness, pre- and post-natal exercise, and dance fitness. She contributes regularly to Dance Magazine's Health and Fitness column and is the Director of Pilates Therapeutics®. Her private practice in physical therapy and Pilates conditioning, Total Body Development®, is based in Alameda, California.

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

Good book ... great stretches - now if I can just make myself use it a little more often ... I find videos

more helpful in that regard as having to flip pages is awkward/distracting

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.

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 allot better after using this inside of the first week.

Great variety of stretches that even I can do. Like the fact that there are several simple stretches included that really help. Easy to follow with good directions and tasteful illustrations.

wow - life restored

I borrowed this book from the library and used it for three weeks before I decided to purchase it. I love the way the exercises are organized and illustrated. The stretches themselves are very do-able and leave me feeling great! I'll be using this book for a long time.

This book contains a great variety of stretches that are well described and illustrated. Description is clear and to the point.

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