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# STRETCHING FOR RACQUES SPORTS Christopher Mitorits

## STRETCHING FOR RACQUET SPORTS: CHRIS NORRIS S THREE-PHASE PROGRAMME (PAPERBACK)

Bloomsbury Publishing PLC, United Kingdom, 2008. Paperback. Condition: New. Language: N/A. Brand New Book. Based on the hugely successful Complete Guide to Stretching, this new series from Chris Norris is a sport-specific three-phase programme of stretching, from beginner level, through intermediate stretches, to advanced dynamic development. Chris introduces the book with some advice on self-assessment and warm-ups, and at the end of the book there is a training log to assess development and a handy section on treating injuries encountered...

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- Authored by Christopher M. Norris
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