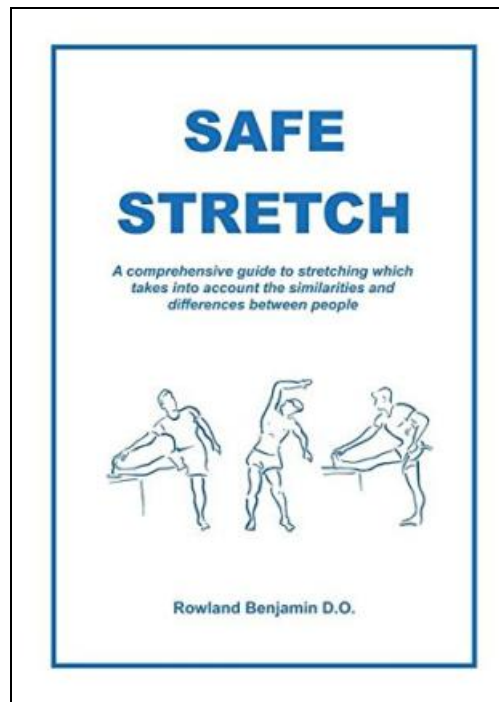


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SAFE STRETCH: A COMPREHENSIVE GUIDE TO STRETCHING WHICH TAKES INTO ACCOUNT THE SIMILARITIES AND DIFFERENCES BETWEEN PEOPLE (PAPERBACK)



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Rowland Benjamin, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Safe stretch is an extensive and comprehensive list of safe stretching techniques suitable for beginners or people who are experienced in stretching. The book contains a good theoretical background explaining why you are doing a particular stretch, and it explains which muscles are stretched, which joints are moved and how they move during each stretch. It recommends which muscles should be stretched and where in the body the stretch should be focused. You will learn how to isolate and stretch individual muscles and groups of muscles in the body. Safe stretch is clear, easy to read, user friendly and has great diagrams and pictures. It is a treasure trove of information for anyone interested in stretching, containing everything you need to know about how to stretch and do it safely. Safe Stretch is divided into an introduction, three parts, A, B and C, and an appendix. The introduction explains the theoretical and practical considerations behind stretching and the basic science of flexibility in language that anyone can understand once the terminology of anatomy is understood, and all the anatomical terms used in this book are defined in the appendix. Part A. Technique contains 200 individual active, passive and post-isometric stretching exercises, one to a page, - each one divided into the starting position and the technique. Stretches are described for every major part of the body, starting with the head and working down the spine, then working down the upper limb, and then the lower limb, finishing with the feet and toes. The bullet points take you through the techniques in a straight forward way, step-by-step and the descriptions are easy to follow. Part B. Anatomy, Biomechanics and Safety contains the muscle and joint...

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