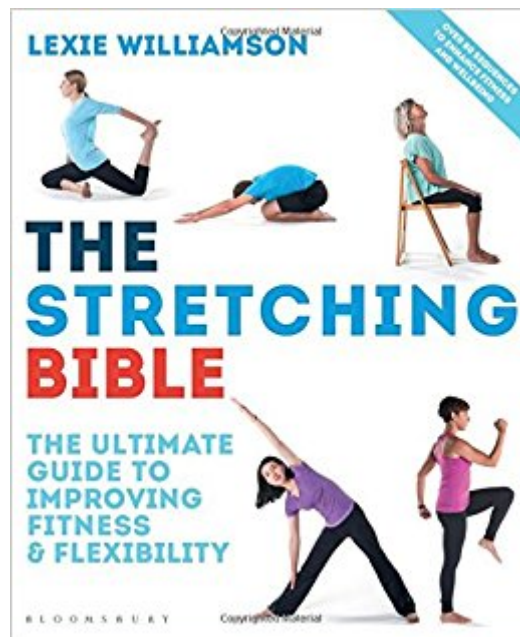




The book was found

The Stretching Bible: The Ultimate Guide To Improving Fitness And Flexibility



Synopsis

The Stretching Bible will help anyone gain mobility, improve sporting performance, and prevent common muscular injuries. A highly practical title, it clearly explains the science, benefits and 'dos and don'ts' of stretching followed by a range of stretches categorized by body part (quads, calves), activity (working at the office, rising in the morning), sport (rowing, tennis) or injury (hamstring strain, tennis elbow). This book is illustrated with simple diagrams at the beginning of each 'body part' chapter to pinpoint the location of the muscles to be stretched, and contains real-life case studies from athletes in the sport-specific section to explain how stretching has enhanced their performance or reduced injury and expert opinions on stretching from physiotherapists, doctors and coaches.

Book Information

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Customer Reviews

"The Stretching Bible is the perfect way for anyone to take their stretching to the next level." - Women's Fitness
Lexie Williamson devised The Stretching Bible with those common obstacles that stop us rehabilitating properly in mind. As well as specific moves for every part of the body, Williamson has devised a series of stretches for 20 different sports . . . to reduce injury, build strength, and enhance performance." - Triathlon Plus

Lexie Williamson is a British Wheel of Yoga (2008) and Yoga Sports Science® qualified instructor and fitness writer. She teaches Yoga for Runners, Cyclists, and Triathletes workshops and writes for magazines including Runner's World, Triathlete's World, Cycling Active, Cycling Plus and Outdoor Fitness and MyYogaOnline.com. She is the author of Yoga for Cyclists and Yoga for Runners.

I'm super flexible. As a weightlifter I'm constantly trying to find a better way to stretch this muscle or that, and this book has unlocked so many stretches that take other stretches I knew deeper. My gluteus medius finally feels stretched, as do my adductor and abductors. That little pinch above my hip bone that I'd spend 10-15 minutes trying to stretch out can now be stretched in 60-90 seconds. This book really is a stretching bible.

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