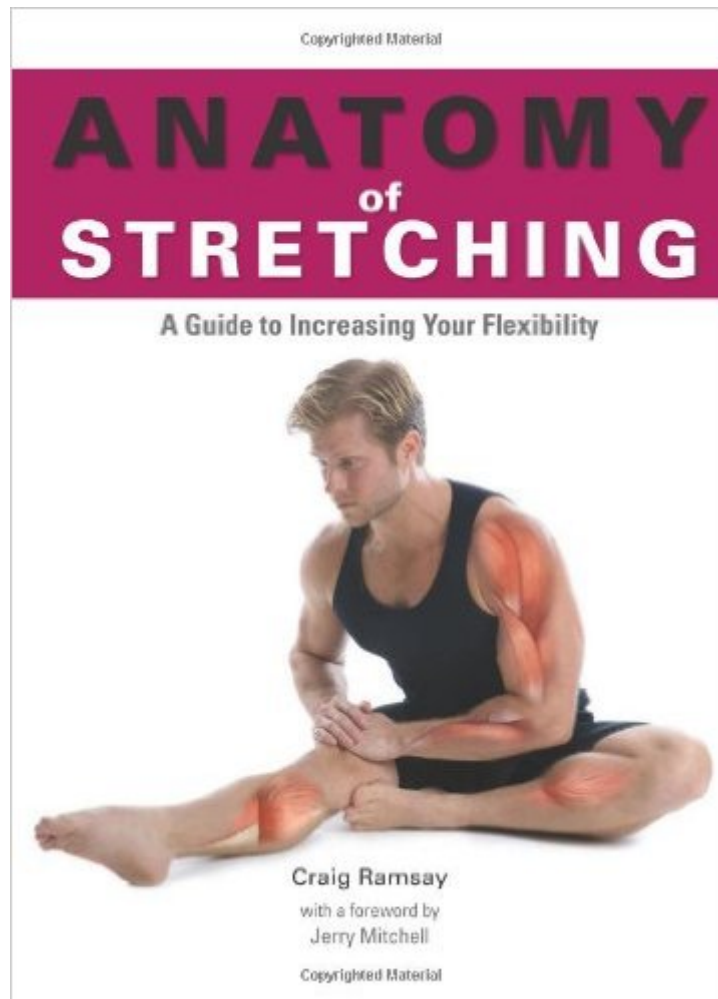


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# Anatomy Of Stretching (Anatomies Of)



## Synopsis

It doesn't matter if you're a fitness novice or an elite athlete. You should be starting each workout exactly the same way; with a stretching regimen designed to warm up your body and help you achieve a new personal best each time. But without the expertise of a professional trainer and without an expert's understanding of muscle anatomy, it can be hard to know what exercises are best. Craig Ramsay is here to help! In *Anatomy of Stretching*, he brings the lessons learned in ten years as a trainer to celebrities and professional athletes and the star of *Bravo's Thintervention* to everyone. You'll learn when and how to do a tricep stretch and a shoulder stretch, when to avoid toe touches and hamstring stretches, and why it's important to keep your neck relaxed during a hip flexor stretch. While taking you through each movement step by step, *Anatomy of Stretching* also goes beneath the skin to allow you to see just which muscles you are working during each stretch. Get limber; and get the most out of your workout; with *Anatomy of Stretching*!

## Book Information

Series: Anatomies of

Paperback: 160 pages

Publisher: Thunder Bay Press; Pap/Pstr edition (June 12, 2012)

Language: English

ISBN-10: 9781607103981

ISBN-13: 978-1607103981

ASIN: 1607103982

Product Dimensions: 0.8 x 7.5 x 9.5 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.6 out of 5 stars See all reviews (27 customer reviews)

Best Sellers Rank: #323,384 in Books (See Top 100 in Books) #60 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #570 in Books > Sports & Outdoors > Coaching > Training & Conditioning #912 in Books > Science & Math > Biological Sciences > Anatomy

## Customer Reviews

I can say enough good things about this book. Finally someone has written a book that fully delves into an area most trainers give short shrift too: how to properly stretch before a workout. There are even sections that simply and clearly give the readers easy ways to merely stretch your muscles to relieve tensions or stiffness that occur during normal day activities. Simple exercises with clear

illustrations all intelligently set out.

This book does an excellent job of explaining each of the stretches including tips on how to do them safely, and what to do when they're no longer a challenge. The inclusion of a short but fairly comprehensive workout for those with little time is an added bonus.

This is a beautifully illustrated book. Just about every muscle (including extraocular muscles - those responsible for eye movement) is described in the stretching exercises. (There are none on pelvic floor muscles though!) The main sections of "Stretching Sessions", "Partner Stretches", "Pregnancy Stretches", "Office Stretches", "Foam Roller Stretches", "Extreme Challenge", and recommendations in the "Quick Stretch Program" gives the reader ample guidance to follow. I am a medical doctor, and find this book an interesting and instructive read.

I was looking for a great book on stretching that was not based solely on Yoga. Found it in this book. Simple, straightforward, and effective stretches that I can do in a short period of time. Really recommend this book.

I have a slew of yoga books, videos etc, and use a roller as well. I found this book and was drawn to the illustrations which highlight the muscles impacted by stretches. That feature alone I appreciate, because I tend to think visually and prefer the images to a lot of words. I also appreciate the straightforward and accurate instructions for each stretch, as well as the 'advanced' ways to step it up if you wish to. The biggest indicator of success for this book to me is that the stretches went beyond the yoga I've been doing, even though the poses/stretchers are similar. This book helped me target very effectively, some trouble areas I was struggling to stretch. Highly recommended as far as I'm concerned.

Wow, what a fantastic book with excellent illustrations on which muscles are being used during specific stretches. no more guessing at which ones are being worked correctly. stretches for pregnant women included.

Some books change your life--this is one of them. Following the routine outlined in this book dramatically changed the quality of my stretching and my physical health. I needed a book that would illustrate the stretches as well as explain in what way they are helpful and what actions can

make the stretch more effective. The drawings of the body in each stretch position are a wonderful visual enhancement, because muscles active in each stretch are highlighted. I do the stretching series every morning before I start my day. I've noticed that this practice allows for more freedom of movement, better cadence in my breathing, and improves my mood. What more could one ask for in the morning? I highly recommend this book.

Got this book for Christmas. It is fantastic. The greatest thing about this is that you can simply get on the floor, open up the book and start stretching. The author Craig is beautiful and inspires you to reach the flexibility he has achieved. The poster included is very informative. I am so pleased that I bought this because I sit at a desk all day and worry about my health. Craig even has stretches just for seated office workers like me. A great purchase. And no, I'm not a spammer. I'm a real 42 year old guy.

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