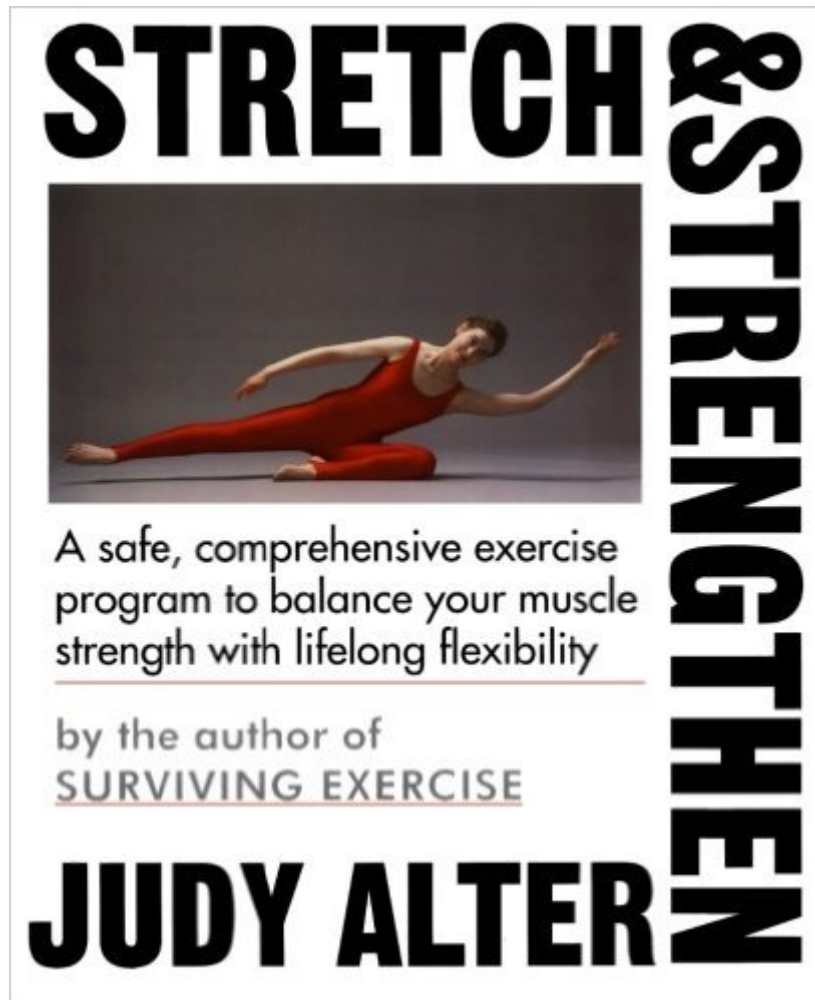


The book was found

Stretch And Strengthen



Synopsis

An exercise book with a difference, **STRETCH AND STRENGTHEN** features 100 exercises, fully illustrated, which apply the invaluable system introduced in **SURVIVING EXERCISE**. Soundly based on exercise philosophy and on new discoveries in kinesiology and sports medicine, the book fits the individual needs of everyone who exercises, from sedentary beginner to professional athlete.

Book Information

Paperback: 240 pages

Publisher: Mariner Books; Reissue edition (February 25, 1992)

Language: English

ISBN-10: 0395528089

ISBN-13: 978-0395528082

Product Dimensions: 7.5 x 0.6 x 9.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (25 customer reviews)

Best Sellers Rank: #1,038,980 in Books (See Top 100 in Books) #113 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching

Customer Reviews

These days physiotherapy is becoming rather specialized, with "sports therapists", "dance medicine", etc. Unfortunately, there's a lot of quackery mixed in with some half-useful advice. "Stretch and Stengthen" is one of the few books on stretching I can give an unqualified recommendation. It was written before the Pilots/Yogurt craze, and manages to avoid all the goofy (and completely useless) mental imagery and holistic gibberish. The routines are comprehensive, thorough, and if followed regularly really will increase your flexibility without decreasing your brain cells. She gives suggested routines for specific sports and specific problems. I have immense amounts of flexibility combined with insanely tight hamstrings and gait-related issues, and of course I have lower back problems. A combination of daily stretches from this book plus Thai massage has done wonders--I'm truly ache-free for the first time in over 20 years. (And I will also attest that one hasn't worked without the other.) My only complaint is the book's organization. The routines are listed at the beginning of the book, but the actual stretches are scattered in a rather unorganized fashion throughout. I had to make copies of the individual routines so I didn't have to keep flipping through the book. Not a big deal, but a little annoying. An easier way to deal with this is to list pointers from each routine to the next one. For example, if you're doing "the tight hamstring routine"

the book would then list the next stretch in sequence. One of the other stretching books I've read (perhaps the Fitness stretch book, I'm not sure anymore) did this and it was a much better solution.

[Download to continue reading...](#)

Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your Abs, Core, Arms, Back and Legs
Stretch and Strengthen The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your
Body Stretch and Pray: A Daily Discipline for Physical and Spiritual Wellness The Stretch Workout
Plan: Simple Exercises to Improve Flexibility, Increase Mobility and Relieve Tension 7 Weeks to 100
Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100
Consecutive Push- 7 Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back,
and Abs by Training to Do 50 Consecutive Pull-Ups 7 Weeks to 300 Sit-Ups: Strengthen and Sculpt
Your Abs, Back, Core and Obliques by Training to Do 300 Consecutive Sit-Ups 7 Weeks to 100
Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100
Consecutive Push-Ups The Coconut Oil Miracle: Use Nature's Elixir to Lose Weight, Beautify Skin
and Hair, Prevent Heart Disease, Cancer, and Diabetes, Strengthen the Immune System, Fifth
Edition Chakras for Beginners: How to Activate and Balance Your Chakras to Strengthen Your
Character and Live a Better Life (Chakra Balancing & Healing For Beginners) Homemade Shea
Body Butter for Beginners: All-Natural Quick & Easy Recipes to Eliminate Eczema, Acne, Dry Skin,
Stretch Marks, Sunburn & More Phimosis Cure: How to Stretch Tight Foreskin at Home & Avoid
Circumcision (Penis Enhancement, Jelqing, Kegels, Erectile Dysfunction, ED) Stretch Out Strap
Pilates Essentials 2nd Ed (8216) The Whartons' Stretch Book: Featuring the Breakthrough Method
of Active-Isolated Stretching Stretch to Win Stretch Sport Stretch, 2nd Edition: 311 Stretches for 41
Sports The Healthy Way to Stretch Your Dog: A Physical Therapy Approach (Dogwise Manual)
Gay: STRETCH : 3 Book Gay Bundle (Contemporary Stepbrother Paranormal Menage Taboo MM
Erotica) (Alpha Male Fiction)

[Dmca](#)