

THE Whartons' Stretch Book

FEATURING THE BREAKTHROUGH METHOD
OF ACTIVE-ISOLATED STRETCHING



59 stretches
for over **55**
different sports
and everyday
activities

Jim & Phil Wharton

The Whartons Stretch Book

Ying-Ying Zheng



The Whartons Stretch Book:

The Whartons' Stretch Book Jim Wharton, Phil Wharton, 2019-07-02 Introducing Active Isolated Stretching the revolutionary yet remarkably simple flexibility program featuring 59 stretches for over 55 different sports and everyday activities Whether you re a serious competitor or weekend warrior you know that proper stretching before and after your workout can improve your performance increase your flexibility help prevent injury and make you feel better But did you know that the traditional way of stretching lock your knees bounce hold hurt hold longer actually makes muscles tighter and more prone to injury There s a new and better way to stretch Active Isolated Stretching And with The Whartons Stretch Book the method used successfully by scores of professional amateur and Olympic athletes is now available to everyone This groundbreaking technique developed by researchers coaches and trainers and pioneered by Jim and Phil Wharton is your new exercise prescription The routine is simple First you prepare to stretch one isolated muscle at a time Then you actively contract the muscle opposite the isolated muscle which will then relax in preparation for its stretch You stretch it gently and quickly for no more than two seconds and release it before it goes into its protective contraction Then you repeat Simple but the results are outstanding The Whartons Stretch Book explains it all Part I contains the Active Isolated Stretch Catalog with fully illustrated easy to follow stretches for each of five body zones from neck and shoulders to trunk arms and legs over fifty stretches in all Part II offers specific stretching prescriptions for over fifty five sports and activities from running tennis track and aerobics to skiing skating and swimming You ll also find advice on stretching for daily activities such as driving working at a desk lifting and keyboarding Part III discusses stretching for life with specific recommendations for expectant mothers and older athletes It also includes specific stretching exercises that could help you avoid unnecessary surgery Give Active Isolated Stretching a try for three weeks You ll never go back to your old stretching routines again *The Wharton's Complete Book of Fitness* Jim Wharton, 2003 *The Whartons' Strength Book* Jim Wharton, Phil Wharton, 1999 What Can I Do to Maximize My Performance Active Isolated Strength Training is a remarkably easy and effective way to tone up lose weight rehabilitate from an injury reshape a sagging waistline regain lost vitality or build muscles Using the Active Isolated technique introduced in The Whartons Stretch Book Athletes rave about the program by this father son team USA Today you ll learn how to create a personal training program backed by sound scientific principles and specifically tailored to your specific fitness goals and favorite sports You ll discover Step by step instructions and clear illustrations for thirty five simple exercises tailored to work specific muscle groups The seven myths of strength training forget going for the burn How to make your own no cost low cost home gym Workout prescriptions for more than fifty sports and activities from running swimming and cycling to keyboarding and heavy lifting And much much more **The Wharton's Back Book** Jim Wharton, Phil Wharton, 2003-08-23 Describes a method of reducing pain and back injury that has been used by celebrities Olympic medalists and other sport figures **Stretch Yourself** Phil Wharton, 2024-11-15 Are you unable to enjoy the

activities you love due to tightness injury soreness or pain Are you tired of wasting time on the latest social media fad fitness guru or celebrity endorsed trend Muscular health is not a fad and there is a better way to achieve it Attaining range of motion should be enjoyable restorative and relaxing it s time to stop forcing jerking straining and overstretching In fact you shouldn t be stretching your muscles beyond their natural range of motion Your muscles fascia and connective tissue should relax and lengthen without incurring painful side effects from forcing muscles against each other There is an effective way to promote circulation restore posture and attain your optimal mobility *Stretch Yourself The No Nonsense Muscular Health Self Care Guide Featuring Active Isolated Flexibility* provides you with the biomechanically correct path to relax restore and recover It is a head to toe user s guide to integrate into your life whether you are a reluctant first timer beginner professional athlete or are seeking movement mastery You will find the self care exercises in this book enjoyable restorative and relaxing If you are willing to commit to the proactive strategies in this book you will reap the rewards of a lifetime of muscular wellness recovery performance and longevity

The Cumulative Book Index ,1996 A world list of books in the English language

Marathon Training For Dummies Tere Stouffer Drenth,2003-03-07 In today s modern world there s no need for anyone to run twenty five miles to deliver a message as Pheidippides did from Marathon to Athens around 500 B C However hundreds of runners each year run 26 2 miles at hundreds of marathons worldwide To conquer this mountainous challenge you must know how to properly eat stretch identify and treat injuries and develop a running program that hones your mind and body into a running machine *Marathon Training For Dummies* is for everyone who has always thought about running a marathon or half marathon 13 1 miles and for seasoned runners who want to tackle the challenge safely and successfully This quick read reference helps all runners Add strength and speed Weight train Improve your technique Eat to maximize endurance Treat injuries Choose your races In just four to six months of dedicated training any runner can be full y prepared to tackle a marathon Map out an exercise program choose shoes and plan the race strategy that will get you across the finish line *Marathon Training For Dummies* also covers the following topics and more How far how fast Blazing the best trail Stretching methods Doing LSD Long Slow Distance Tempo run training The last 24 hours The best tune up races in North America The week after the marathon With several hundred thousand people finishing marathons each year you ll meet plenty of interesting people running along with you There are numerous rewards for conquering the mental and physical challenges of a marathon and this fun and friendly guide is your road map to achieving them

Super Joints Pavel Tsatsouline,2001 Demonstrates a combination of exercises aimed at improving posture flexibility and strength inspired by a famed Russian s mobility drills

The Pregnant Couple's Guide to Working Out Together Isa Herrera,2003-01-02 A new exercise program for both parents to be This is the first book to help pregnant couples maintain and improve their fitness by working out together Medical exercise specialist Isa Herrera offers safe effective exercises you and your partner can do together so that you start early on to become a team that will handle the demands of pregnancy and labor together both

physically and mentally These easy to do exercises promote upper body lower body and abdominal strength They do not require special equipment can be mixed and matched into different routines and can be done anywhere Herrera not only provides specific guidelines for preventing injury and other mishaps but also offers trimester modifications that you can use as your pregnancy progresses Pregnant moms learn how to target the muscles most affected by pregnancy including the abdominals A partner stretching and relaxation program helps the two of you deal with emotional stress and a walking program boosts energy and stamina With more than 110 photos The Pregnant Couple s Guide to Working Out Together allows all pregnant couples to feel more like a family as they make the pregnancy experience a pleasurable shared journey

The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2007 **Women's Health and**

Wellness 2003 ,2002 7 ways doctors treat women differently ultimate stress relievers no diet nutrition plans easy fat burning exercises spirit lifting secrets relationship revivers *Goal Digger Fitness* Eric Harr,Alexa Joy Sherman,2007-05-29 There is a Fitness Goal Digger in each of us a person who thrives upon movement who is ready to set exercise goals and do what it takes to achieve them Perhaps you consider yourself a runner cyclist golfer or Rollerblader Then again maybe you re at the point where you just take the stairs instead of the elevator do some yard work or vacuum the living room vigorously and park in the farthest spot from the entrance when you shop Whatever the case you want to lead a reasonably active life when you have the time and of course the motivation But lately whenever you can and whenever life allows are not as often as you d like them to be Goal Digger Fitness will show you how to fit exercise into the context of your everyday life In this book you ll find A test to help you match your fitness program to your psychology physiology and schedule A three step program to identify personal obstacles define your goals and execute a personalized fitness plan Exercise plans prescribed in 10 day doses with 4 day breaks in between Tips and strategies to overcome mental and physical roadblocks The Goal Digger Diet with an array of healthy tasty meals that can be prepared in less than 10 minutes With special programs such as the Look Better Program Feel Better Program Perform Better Program and Better Health Program this superb guide will help you set and achieve your goals so that you reach your full fitness potential *Library Journal* ,1996 **Forbes FYI** ,1997

Esquire ,1998 **The Portable Personal Trainer** Eric Harr,2001 Exercise Your Body Enjoy Yourself Experience the Difference Whatever your fitness level world class Iron Man triathlete Eric Harr shares 100 inspirational strategies to uncover your passion and improve your performance See each workout as a celebration and an opportunity for personal growth 5 Stop counting calories and listen to your body for nutrition information it knows what you need 22 Learn why morning workouts are best and it s not just because you ll burn more body fat 35 Experience the power of a breakthrough session in your training program 60 Find out the five best fat burning secrets and why you must be selfish about your fitness s 90 and 91 Put less effort into your workout for world class results 73 Let go of your ego and rely on your inner strength and confidence 84 Gleaned from thousands of hours of training and shared wisdom from the very best athletes in the world these

simple lessons will transform your approach to getting fit staying active and being alive Nutritional Factors for Syndrome X Stephen Holt, M.D., Jonathan Wright, M.D., Stephen Holt, Thomas V. Taylor, 2003-12-12 *Walk It Off!* Mark Fenton, 2002

The Action Hero Body Jørgen de Mey, 2006-05-16 Trainer to the stars Jørgen de Mey reveals the unique program he has used to transform the bodies of action hero film actors Angelina Jolie Ben Affleck and many other superstars Legendary trainer Jørgen de Mey knows what it takes to get blockbuster film stars looking and feeling their very best In The Action Hero Body he shows how the same exercise and nutrition guidelines can be used by athletes at all levels from the beginner trying to get started to the experienced workout buff whose fitness has hit a plateau He details a workout that in just 3 weeks will start to show positive changes more endurance increased strength weight loss signs of a more muscular body and better cardiovascular output De Mey's exercises along with weekly meal plans low fat recipes and chapters on supplements flexibility and motivation give readers all the tools they need to get action hero fit *Soyfoods Cooking for a Positive Menopause* Bryanna Clark Grogan, 1999 Evidence suggests that eating soy protein can help reduce the discomfort of menopause and protect against debilitating osteoporosis later in life This book contains the current information on how and why soyfoods work so well in helping women through the menopause and dozens of recipes for soy meals that the whole family can share

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **The Whartons Stretch Book** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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