

The Ultimate Guide to Stretching and Flexibility



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Ultimate Guide To Flexibility

K. Charles Cannon



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Ultimate Guide to Stretching and Flexibility Brad Walker, 2013-02-01 The Ultimate Guide to Stretching Flexibility is the book you keep with you wherever you go. It's an easy to use quick reference guide for anybody involved in health, fitness and sporting activities. Written to minimize the likelihood of sports injury and increase athletic performance, it gives coaches, trainers, athletes and fitness enthusiasts a complete reference handbook to assist with the planning and implementation of their training and rehabilitation sessions. The Ultimate Guide to Stretching Flexibility includes 144 pages in a convenient A5 size 5.8 x 8.3 inches or 148mm x 210mm featuring 150 photos of 135 unique stretching exercises. Chapter 1 provides a basic overview of physiology, fitness and flexibility. The many benefits of stretching are outlined in chapters 2 and 3. Chapter 4 details the different types of stretching. While stretching guidelines, i.e. rules and how to are presented in chapters 5 and 6. Chapter 7 deals specifically with flexibility testing. While the final chapter and ultimate strength of the book contains 135 photographs of each stretch with step by step instructions. A unique spiral binding allows the book to lay flat without closing on itself which means you don't have to hold the book open with one hand while you're trying to do the stretches. The author Brad Walker is a Health Science graduate of the University of New England and has postgraduate accreditation in athletics, swimming and triathlon coaching. He has coached elite level and world champion athletes from sports as diverse as triathlon, motor cycle racing, roller skating, squash and baseball and has lectured extensively on sports injury prevention and rehabilitation.

The Stretching Bible Lexie Williamson, 2017-02-23 Let The Stretching Bible guide you through the key exercises to gain mobility, improve your sporting performance and prevent common muscular injuries. Whatever your age or ability, you'll find a range of stretches suitable for you, clearly organised by body part including lower leg, back and upper body to help target key areas of concern. The book also features a series of sports related stretches aimed at keeping athletes supple and includes a section on stretching techniques to avoid and treat common injuries such as lower back strain or iliotibial band syndrome as well as easy stretches to help office and manual workers.

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Publisher: Ultimate Flexibility Sang H. Kim, 2010-09-22 Ultimate Flexibility is the book you've been waiting for. More than a collection of exercises or an explanation of technique, Ultimate Flexibility is a complete guide to stretching for martial arts from the very basics of why you should stretch to detailed workout guidelines for every style and level of martial arts practice. Written by acclaimed author and martial artist Sang H. Kim, Ultimate Flexibility is your guide.

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