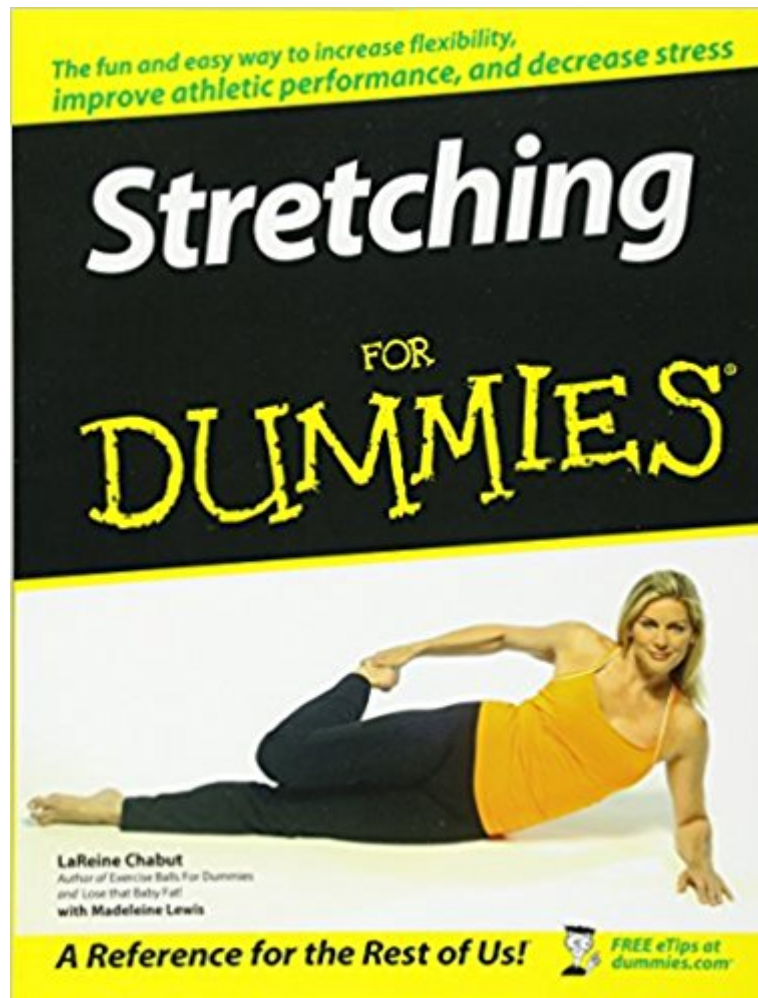




The book was found

# Stretching For Dummies



## Synopsis

Did you long ago learn to fear and dread stretching because of overbearing P.E. teachers who forced you to touch your toes? It doesn't have to be that way anymore. Stretching is a powerful tool that can bring you new ease of movement, an increase in your physical capabilities, and deep composure that requires you to do nothing more than breathe. You can always have access to it—and best of all, it's free! *Stretching for Dummies* shows you that stretching is actually easy to do—and reveals how you can reap the amazing benefits of stretching anywhere, anytime. It explains in simple terms how you can stand taller, look thinner, keep stress from getting the best of you, keep your muscles from feeling achy, and nip injuries in the bud. You'll discover: The why's, where's, when's, and how's of letting loose and snapping back How to keep from hurting yourself The benefits of stretching with a partner How to target specific areas: such as head, shoulders, knees, and toes The art of breathing correctly How to use stretching to sooth lower back pain Stretches to start and end your day right Stretches you can do at your desk Stretches for various stages of life—including stretches for kids and seniors This easy-to-use reference also includes a list of ten surprising around-the-house stretching accessories, along with ten common aches and pain that stretching can help. Regardless of how old or young you are, *Stretching for Dummies* will introduce you to a kinder and gentler form of flexibility that will reduce that nagging tension and tenderness in your muscles and truly make you feel good all over.

## Book Information

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Average Customer Review: 4.2 out of 5 stars 21 customer reviews

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## Customer Reviews

"the ideal book for beginners who want to improve their flexibility, wellbeing and get rid of

nagging aches and pains." (Women's Fitness, Issue 38)

This is my favorite book on stretching and I have read many. The book covers and answers all the questions (why, when, how, how often, etc.). There are more than enough stretches for all parts of the body and they are explained in an easy-to-follow format and accompanied by pictures of real people. Stretching is great for the body and mind and should be done everyday; this book will help you learn how to do it easily and efficiently!

Kindle Edition All of the "Figures" used for illustrating the stretches do not appear in the Kindle edition. Makes it hard to impossible to know if you are doing the stretches correctly Otherwise seems to be a very useful book.. Update: reloaded file, pictures now visible, one star because some pictures are cut off on the right side.

As I get older I feel an increased need to stretch ( not something I have thought much about over the years ). This book is a great way to learn the basics to get started and then increase knowledge and technique over time.

Straight to the point, quickly clears up misconceptions and then proceeds to explain in detail and in an organized sequential mannera great variety of stretching exercises.

I have read this book thru and love applying to my health and fitness program. The book gives detail instructions that are easy to follow.

I like'd "Stretching for 50+" and this adds the details and techniques. Very thorough, very sensible. I recommend this for any age (I'm 67). Cool beans.

There's lots of good basic information here on basic stretching when starting a program. Valuble information on why and how to do things correctly so as not to injure or discourage yourself.

great

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- Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables,  
MMA Book 0) Back Stretching - Back Strengthening And Stretching Exercises For Everyone  
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