

The Anatomy Of Stretching Your Illustrated To Flexibility And Injury Rehabilitation

With training tips, exercises, and injury remedies, this is an essential book for every yogi and instructor! Yoga is more than just an exercise; it's a way of spiritual living that has been growing in popularity throughout the years. But nothing ruins the tranquility of yoga faster than an unfortunate injury. Yoga focuses on almost every muscle in the body, from the core of the abdomen, to the muscles of the back, right down to the delicate muscles in the neck. All of these are prone to injury, and all of those injuries can keep you off the mat. That's why every yogi needs *Anatomy, Stretching & Training for Yoga*. Amy Auman and Lisa Purcell provide expert advice on how to achieve perfect flexibility while minimizing injury, with tools and training on the following subjects:

- Finding the proper equipment: which mat works best for you
- Warm-up stretches and why they are important
- Corrective exercises to improve your balance and flexibility
- Step-by-step photos
- And much more!

Anatomy, Stretching & Training for Yoga details how to achieve each pose, or asana, and properly align your body to begin a daily routine that will provide you with a calm

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focus while improving your strength, flexibility, balance, and posture. A handy guide lets you know which muscles are the main targets of each asana, each asana's benefits and cautions, and tips on perfecting your form. Here you'll find all the information you need to help you avoid common injuries and become the best yogi you can be!

Erwan Le Corre, creator of the world-renowned fitness system MovNat, is on a mission to reintroduce natural movement to our modern lives with the most ancient movement skill set: walking, running, balancing, jumping, crawling, climbing, swimming, lifting, carrying, throwing, catching, and self-defense. Try to imagine an out-of-shape tiger stepping on an exercise machine to get a workout. It doesn't make any sense, does it? Wild animals simply move the way nature intended, and they become powerful, healthy, and free in the process. So why should it be any different for us? We have become "zoo-humans," separated from nature and living movement-impoverished, unnatural lifestyles. As a result, we are suffering physically, mentally, and spiritually. Exercise has become artificial and boring--a chore, if not a punishment. We are training parts of our bodies, not the whole, and we have lost our drive for movement. What we need is not a better understanding of exercise physiology or more variety in fitness programs and modalities. What we need is simplicity, meaning, purpose,

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inspiration, and enjoyment. We need to get back to natural movement. In *The Practice of Natural Movement*, Le Corre demonstrates our innate and versatile ability to perform practical and adaptable movements. With countless techniques and movement variations, as well as strategies for practicing anytime and anywhere, he will inspire you to build a naturally strong and flexible body and to form yourself anew into a mindful, skillful, and physically capable human being. Runners who want to improve their overall flexibility, feel great, and look great too will want this comprehensive guide. It features over 100 stretching exercises to help runners improve their range of motion, decrease discomfort, and prevent sporting or other injuries. Easy-to-understand exercises are clearly illustrated and contain precise instructions, making them simple to follow. Readers will find:

- Methods explained step-by-step for the most effective exercise routines
- Anatomical descriptions of the parts of the body and the muscles being worked
- Photographic representations of each exercise, complemented by detailed illustrations of the primary and secondary muscles
- Explanatory text that ensures correct techniques and proper safety precautions
- The numbers of repetitions needed depending on fitness levels (beginner, intermediate, advanced) and the physiological benefits of each exercise
- Effective exercises for runners of all levels, and those searching for pain relief associated with injuries

A quick

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reference guide to the most beneficial stretches for specific ailments, and more. Increase your overall sense of well-being, overcome physical ailments, and learn the proper way to stretch your body to get the most out of your running with this helpful guide.

Examines which muscles are used in specific exercises with instructions on how to do each and offers pre-designed workouts to allow readers to focus on the area they want to improve.

"An illustrated guide to the thirty-six most effective techniques for super-flexibility"--Cover.

Contains in-depth descriptions of 119 sports injuries, each with illustrations that show the anatomy of the injury, and includes line drawings of simple stretching, strengthening, and rehabilitation exercises, as well as advice on injury prevention.

For anyone who plays sports and is looking to facilitate recovery or prevent injuries. Everyone who plays sports experiences injuries. Many people never fully recover because they're not aware of what they can do to facilitate recovery. But there's no need to simply resign yourself to "living with" a sports injury. In *The Anatomy of Sports Injuries*, author Brad Walker brings years of expertise--he works with elite-level and world-champion athletes, and lectures on injury

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prevention--to this how-to guide. The book takes a fundamental approach, bringing you inside the body to show exactly what is happening when a sports injury occurs. At the heart of *The Anatomy of Sports Injuries* are 350 images. This second edition includes updated illustrations and more anatomical information and is for every sports player or fitness enthusiast who has been injured and would like to know what the injury involves, how to rehabilitate the area, and how to prevent complications or injury in the future.

Stretching Anatomy, Second Edition, is a visual guide to 86 stretches for increasing range of motion, muscular strength, stamina, posture, and flexibility. Step-by-step instructions describe how to perform each stretch, while 110 full-color anatomical illustrations highlight the primary muscles and surrounding structures engaged.

Explore the physiology of 30 key yoga poses, in-depth and from every angle, and master each asana with confidence and control. Did you know that yoga practice can help lower your blood pressure, decrease inflammation and prevent age-related brain changes? Recent scientific research now backs up what were once anecdotal claims about the benefits of yoga to every system in the body. *Science of Yoga* reveals the facts, with annotated artworks that show the mechanics, the angles, how your blood flow and respiration are affected, the key muscle and joint actions working below the

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surface of each pose, safe alignment and much more. With insight into variations on the poses and a Q&A section that explores the science behind every aspect of yoga, this easy-to-understand, comprehensive ebook is an invaluable resource to achieve technical excellence in your practice and optimize the benefits of yoga for your body and mind.

Yoga, as a tradition, is practiced for overall benefits in physical and mental health. The current posture-centric yoga practiced in the United States, however, claims flexibility as a primary outcome. The science of stretching is not well understood by yoga teachers and practitioners, who suggest the methods of improving flexibility in a yoga class, may not be entirely beneficial. In this book you will learn the biomechanical and neurological mechanisms involved in stretching provides a current discourse for fitness professionals and stretching enthusiasts. Both acute and chronic adaptations are reviewed, as well as the effects of stretching on healthy versus injured tissues. Common myths are dispelled, current data is presented, and what remains unknown is highlighted. In YOGA BODY ANATOMY you will discover: The human body movements involved in yoga practice The laws of biomechanics underlying yoga The connection between stretching and flexibility in yoga practice with a lot of illustrations and images The tissue mechanisms during the yoga practice The muscle structure involves during yoga practice The connection between the nervous system and brain behind the movement and the benefits during yoga practice How to improve your range of motion

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How yoga can benefit your overall health. Ready to begin your wholesome yoga adventure? Scroll to the top of the page and click the "Buy Now" button to get started today!

Stretching with Ease is a user-friendly, fully illustrated instructional manual for creating your perfect personal stretching program. Why should I stretch? What muscles should I stretch? How will it help me? You'll find the answers to these questions and much more in Stretching with Ease. Discover the many ways you can work with your body to assist it to fluid and flexible. Your body is built for movement and with stretching and flexibility training you increase both your ease of movement and life quality. Fitness expert Linda Minarik takes you from the basics and benefits of stretching, to all you need to know to make stretching a lifelong habit. Part I offers the important background information necessary before you begin to stretch, including using the tool of breathing. Part II provides clear directions for 76 essential stretches that target different muscle groups--they can all be easily done at home without any special equipment. Along with detailed instructions and helpful tips, each stretch includes a color photograph with an anatomical illustration so you can actually see inside the stretch. This visual reference enhances your understanding and practice of the movement. Part III has effective step-by-step stretch routines to accomplish different goals, such as relieving tension, stiffness or pain, and preparing for various daily activities and sports. Part IV offers invaluable resources to enrich your flexibility experience, including useful lifestyle tips

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and how to create your own routines. Stretching with Ease offers the practical guidance and supportive encouragement you need to develop a body that moves easily--and loves to move!

With training tips, exercises, and injury remedies, this is a book that every golfer and coach should have! There are few things more satisfying than a great round of golf. But the joy and thrill of golf are often marred by injuries that can bother you for weeks and ruin your game. A strong, fluid golf swing uses muscles in the legs, hips, lower back, and shoulders—all areas prone to serious, painful injury. That's why every golfer needs to read *Anatomy, Stretching & Training for Golfers*, which offers expert advice on how to maximize your game without the risk of getting hurt. Taking you through stretches that both warm you up before a game and cool you down after, Dr. Philip Striano focuses on working the primary muscles involved in the mechanics of the golf swing—stance, backswing, transition, downswing, and follow-through—as well as the secondary muscle groups that help support and balance you. Alongside each exercise are detailed, true-to-life anatomical illustrations showing which muscles of the body are targeted. A handy guide lets you know the exercise's benefits and cautions, along with tips on perfecting your form. With a series of sample workouts that show you how to devise a training program to suit your unique goals, *Anatomy, Stretching & Training for Golfers* is the ultimate reference for anyone wanting to improve their game by improving their fitness.

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A strong core is crucial to injury prevention in most sports and has the added benefit of giving the body a trimmer shape around the waist and torso. An essential part of any complete fitness programme, building core stability could not be simpler with this clear and accessible illustrated guide to strength and balance in the muscles of the trunk. With the anatomical illustrations incorporated into the exercises you cannot help but get the whole-body perspective on your workout, and keep abdominal training in check with the muscles of the back and obliques - a revelation to anyone who takes their exercise seriously. The Anatomy of Core Stability provides the reader with a wealth of information, illustrating the stretches and exercises step-by-step. Also included are sidebars showcasing relative difficulty levels and a quick 'Do It Right' checklist. Presents a series of stretching exercises, complete with anatomical illustrations that show the different muscle groups involved in each move, instructions on adopting proper postures, and tips on avoiding common mistakes. Full of Exercises, Training Tips, and Injury Remedies That Every Cyclist and Coach Should Have! Every year, more and more people take up cycling to get in shape and stay fit. Thousands of people are buying new bikes with the latest technology, entering races, and even forgoing rush hour traffic and crowded public transportation to ride to work. But the joy and thrill of cycling are often marred by injuries that can bother you for a few weeks or for years. That's why every cyclist needs to have Anatomy, Stretching & Training for Cyclists. Lisa Purcell includes a detailed exercise program that is

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designed for cyclists from beginner to advanced levels and that is devised to strengthen and stretch the major muscle groups used in cycling. She provides answers and tools for training, including:

- Step-by-step photos
- Tests to assess your form
- An assessment of cycling gear
- Exercises to improve your core
- The truth about stretching
- And much more!

Featured are targeted stretches to increase flexibility and a wide-ranging selection of exercises that thoroughly strengthen the legs and arms and build both core strength and stability, as well as hone your balance and posture on the bike. A handy guide lets you know which muscles are the main targets of each exercise, as well the exercise's benefits and cautions, along with tips on perfecting your form. With a series of sample workouts that show you how to devise a training program to suit your unique goals, *Anatomy, Stretching & Training for Cyclists* is the ultimate reference for anyone wanting to achieve optimal cycling fitness.

Offers advice on fitness, exercise, and health-care

The Anatomy of Stretching, Second Edition
Your Illustrated Guide to Flexibility and Injury Rehabilitation
North Atlantic Books

An updated edition of the best-selling guide on the science of effective stretching—with detailed anatomical illustrations and guidance on proper form, sports injury recovery, and more The multiple stresses of contemporary life—whether from excessive sports play, overwork, or overuse of technology—are increasingly taking a toll on the body. Symptoms range from muscle soreness

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and pain to pinched nerves to potentially more permanent disabilities, including serious body injuries. One safe, quickly productive way to address the problem is through a simple therapy that can be done anywhere, anytime, and without special equipment: stretching. This new edition of Brad Walker's best-selling book on the subject presents 135 unique stretching exercises designed to help repair the body and make it more flexible, fit, and relaxed. Organized by body part, *The Anatomy of Stretching* presents stretching exercises in a uniform style accompanied by full-color anatomical illustrations. Equally useful for fitness fans, pro or amateur athletes, coaches and personal trainers, and healthcare practitioners, this new edition contains:

- Step-by-step instructions for 20 new stretches
- An expanded physiology and anatomy information
- A revised numbering system that makes the stretches easier to reference
- An expanded appendix with more resources on stretches for athletes and sports injuries

Also featuring detailed descriptions of important principles of anatomy and physiology, *The Anatomy of Stretching, Second Edition* is the ultimate guide to improving flexibility, increasing strength, and relieving pain through stretching. Stretches for sixteen unique muscle groups with physiological and psychological benefits. The Technique: RESISTANCE STRETCHING® offers immediate, cumulative, and permanent increases in flexibility, takes the pain out of

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stretching, and protects you from injuring yourself by overstretching. Put some spring in your step--simple stretches to soothe your soreness Movement is life--and stretching is an easy way for you to increase your flexibility, ease aches, and generally improve your quality of life. This easy-to-follow guide shows you how stretching long and slow can help you find fast pain relief and enhance your range of motion. Take a deep dive into how muscles work and the health benefits of stretching, including plenty of how-tos for beginning stretchers. Get moving with 70 fundamental stretches, all designed to target specific affected areas--or introduce stretching to your day-to-day using 25 routines that can be done anytime and anywhere. Stretching for Beginners includes: Beginner to limber--Jumpstart your stretching with guides to performing each stretch safely, proper breathing techniques, and more. Focus your flex--Extend your reach with illustrated step-by-steps for essential exercises--organized by anatomical regions. Home stretch--Find the right routine to relieve specific aches and pains, reduce daily stress, or warm up for a variety of activities. Stretch your possibilities, achieve a healthier, more flexible life with Stretching for Beginners.

1,500 Stretches--the follow-up book to the New York Times bestseller 2,100 Asanas-- compiles all stretching poses in one place, organized by body part, with

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stunning photographs, easy-to-follow steps, and the health benefits of each pose. Does your lower back ache from sitting all day? Can you barely walk after your cycling class? Do you stretch your back and feel only more tension? Stretching is vital for chronic pain, building muscle tone, and full movement. 1,500 Stretches has the complete collection of stretches organized by body part--back, calf, hamstrings, chest and many more. They are demonstrated in beautiful full-color photographs. The steps are easy to follow and explain what muscle groups are targeted and its benefits for pain relief and physical appearance. There are additional chapters on yoga and partner stretches and the importance of stretching correctly. 1,500 Stretches celebrates the beauty of the body through photography, while providing practical advice to feel and look better.

Our bodies were designed for movement, but as we age, our joints and muscles become tighter. Stretching is a gentle, simple activity that anyone can do to alleviate aches and pains, as well as improve range of motion and flexibility. This book guides you step-by-step through each stretch, arming you with the confidence you need to progress into deeper levels of stretching for enhanced flexibility, reduced pain, decreased stiffness, and better quality of life for years to come. Gymnasts, Martial Artists, inflexible Yoga practitioners, you've found the secrets! This is THE course for learning how to achieve maximum flexibility with

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strength! You will learn the most effective methods of stretching to achieve ultimate flexibility in the shortest time possible. This is not an academic course for personal trainers and coaches, this is the "need to know", get the job done course for people who want to do front and side splits easily or be able to kick high and effortlessly in the martial arts. - You will learn how to properly and safely reprogram your muscles and nervous system! - You will achieve the splits in the fastest, most efficient way possible! - Side splits, Front splits, Hurdler's Splits, it's all covered! - Drop in the splits, any time of day, no warm-up? No Problem. - Want to High Kick anytime, anywhere? You got it.

Barron's Anatomy and 100 Essential Stretching Exercises helps you improve your flexibility, overcome physical ailments, and increase your overall sense of well-being. This comprehensive guide features over 100 stretching exercises to help you improve your range of motion, decrease discomfort, and prevent injuries. Easy-to-understand exercises are clearly illustrated and contain simple, precise instructions for the proper way to stretch every part of your body. This guide includes: Effective exercises for athletes, non-athletes, and those searching for pain relief associated with injuries Step-by-step methods for the most effective exercise routines Anatomical descriptions of the parts of the body and the muscles being worked Photographic representations of each exercise,

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with detailed illustrations of the primary and secondary muscles Explanatory text that ensures correct techniques and proper safety precautions The numbers of repetitions needed depending on fitness levels (beginner, intermediate, advanced) and the physiological benefits of each exercise A quick reference guide to the most beneficial stretches for specific ailments, and more

With the aid of beautiful illustrations and easy-to-access organization, teacher and licensed massage therapist Bob Doto teaches you how and what to stretch to reclaim your power and well-being—including 60 specific stretches spanning from your head to your toes. Stretching is accessible to anyone, is quick and easy, can be done in most environments, and has proven to relieve pain, increase rates of recovery, as well as help manage stress and anxiety. With *The Power of Stretching*, quickly gain an understanding of this powerful tool. First, you'll learn: Why we stretch and why it feels good The basic anatomy of stretching The benefits of stretching General guidelines for performing stretches Then find out how to stretch every part of your body using 60 different stretches, with a color-coded map of the regions of the body to use as a reference. Each stretch discussed includes an image, bulleted instructions, and helpful notes and tips. Another section helps you pinpoint the stretches that are right for you based on common occupational and sports activity profiles, along with common injury

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profiles. Each entry provides information on how the activity or injury relates to the body, interesting facts and statistics, as well as references to the appropriate stretches for rehabilitation. Feel better faster with this elegantly designed guide to stretching.

Frédéric Delavier has captivated millions with Strength Training Anatomy. Now readers have access to his exercise expertise and trademark illustrations once again with Delavier's Stretching Anatomy. With 250 full-color photos and 300 detailed illustrations, this guide depicts over 130 exercises to increase flexibility, tone muscles and reduce injury. All body regions are covered and sport-specific stretching routines are included. Original.

At one time, stretching was viewed as a practice to be done before a workout, a run, or other physical activity. Today, our understanding of stretching has expanded. The practice not only improves general fitness and flexibility, it also increases circulation, calms the mind, fends off injuries and illness, and can even aid in getting a better night's sleep. In The Anatomy of Stretching, highly detailed anatomical illustrations demonstrate 50 common stretches and show exactly what happens in the body during each one. Health and fitness trainers, students of sports science, and those hoping to start or improve their own fitness regimen will find: An introduction to the principles of stretching, including safety tips and proper techniques 50 fully-illustrated, strength-building and toning stretches for each part of the body Variations for beginners and

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more advanced students for each stretch A workbook section with illustrations of the muscular and skeletal system and a glossary of terms With more than 100 full-color anatomical illustrations and clear, concise instructions for each stretch, The Anatomy of Stretching is an ideal manual for expanding one's understating of anatomy and improving the effectiveness of workouts.

Running has become more and more popular in recent years, with thousands of people entering marathons, buying new running shoes with the latest technology, and going for a daily jog, whether on the track or on a treadmill. Unfortunately, with running comes injuries, as a result of wrong information and improper training. Author Jay Dicharry was tired of getting the same treatments from doctors that didn't heal his joint and muscle pain from running, so he decided to combine different fields of clinical care, biomechanical analysis, and coaching to help you avoid common injuries and become the best runner you can be. Along with clear and thorough explanations of how running influences the body, and how the body influences your running, this book answers many of the common questions that athletes have: Do runners need to stretch? What is the best way to run? What causes injuries? Which shoes are best for running? Is running barefoot beneficial? The mobility and stability tests will assess your form, and the corrective exercises, along with step-by-step photos, will improve your core and overall performance, so that you can train and run with confidence, knowing how to avoid injuries!

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Stretching Anatomy, Third Edition, is a visual guide to stretches for improving range of motion, muscular strength, stamina, posture, and flexibility. It includes full-color anatomical illustrations highlighting the primary muscles and surrounding structures engaged.

Stretch your body to the next level! It doesn't matter if you're a fitness novice or an elite athlete. You should be starting each workout with a stretching regimen designed to warm up your body and help you achieve a new personal best each time. 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. In Ultimate Guide to Stretching, 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. Go beneath the skin and see just which muscles you are working during each stretch. Full-color photos and illustrations show every move and muscle in detail. Get limber and get the most out of your workout! Get healthy without getting hurt! In Anatomy of Stretching, renowned trainer Craig Ramsay shows every exerciser how to get limber and prevent injury. 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. Without the expertise of a professional trainer and without an expert's understanding of muscle anatomy, it can be hard to know what

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exercises are best. In *Anatomy of Stretching*, renowned trainer Craig Ramsay shows every exerciser how to get limber and prevent injury. * In *Anatomy of Stretching*, 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. * Throughout the book, more than 300 full-color images show every pose and every muscle in detail. A full-size poster is also included. Get limber--and get the most out of your workout--with *Anatomy of Stretching*!

Research on human athletes is changing what we know about stretching. For example, it is now recognized that aggressive stretching should only take place after muscles are warmed up and shortened from exertion. Authors Sasha and Ashley Foster have applied this latest research to dogs many of whom compete in vigorous canine sporting events so that you can learn how to safely and effectively stretch your dog to prevent injuries, maintain joint integrity, and improve you dog's fitness whether he is an elite canine athlete or a lap dog. Over 300 photos and diagrams demonstrate how to safely and effectively stretch each major muscle group in great detail. Special emphasis is given on correct hand placement for joint stabilization and how to maintain straight plane movement. Stretching routines are presented for both large and small dogs, older dogs, and those that are involved in a variety of dog sports.

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"The multiple stresses of contemporary life--whether from excessive sports play, overwork, or overuse of technology--are increasingly taking a toll on the body. Symptoms range from muscle soreness and pain to pinched nerves to potentially more permanent disabilities, including serious body injuries. One safe, quickly productive way to address the problem is through a simple therapy that can be done anywhere, anytime, and without special equipment: stretching. This new edition of Brad Walker's best-selling book on the subject presents 135 unique stretching exercises designed to help repair the body and make it more flexible, fit, and relaxed. The book begins with clear, detailed descriptions of important principles of anatomy and physiology, the benefits of stretching, different forms of stretching, rules to remember, and how to stretch properly. It also focuses on the kinds of stretches that are most helpful in the alleviation or rehabilitation of specific sports injuries. Organized by body part, 'The Anatomy of Stretching' presents stretching exercises in a uniform style accompanied by full-color anatomical illustrations. Equally useful for fitness fans, pro or amateur athletes, coaches and personal trainers, and healthcare practitioners, this new edition contains 20 new stretches; expanded physiology and anatomy information; and a revised numbering system that makes the stretches easier to reference. An expanded appendix includes a longer resources section and a helpful chart describing the top five stretches for each sport and sports injury"--

No one likes to live with aches and pain. Whether the pain is caused by poor posture, repetitive

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movements, injury, or sedentary behavior, *Prescriptive Stretching, Second Edition*, can help put you on the path to feeling better and living without the pain. *Prescriptive Stretching* features full-color anatomical illustrations and step-by-step instructions for dozens of the most effective stretches to eliminate pain, alleviate muscle soreness, improve balance and flexibility, and prevent common injuries. You'll find various types of stretches and techniques, including individual unassisted stretches, the use of a tennis ball to target troublesome areas like the shoulder and feet, and partner stretches to ease pain caused by poor posture or sitting for long periods of time. Most importantly, *Prescriptive Stretching* offers ready-to-use stretching sequences to target specific problem areas. These pain release programs will help address many common ailments: Back pain Neck stiffness Headaches Shoulder soreness Tennis or golfer's elbow Runner's knee Whether you're looking to increase range of motion or simply alleviate muscle pain and discomfort, *Prescriptive Stretching* will help you feel better from head to toe. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The *Prescriptive Stretching Online CE Exam* may be purchased separately or as part of the *Prescriptive Stretching With CE Exam* package, which includes both the book and the exam.

A ground-breaking series featuring amazing computer-generated 3D anatomical images highlighting key muscle groups.

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,

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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.

Achieve life-changing results for your body—greater mobility, better functionality, enhanced performance, and less pain—in as little as 9 minutes a day. In *Better Stretching*, Joe Yoon

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brings you the tips and techniques he gives world class athletes, and provides you with an entirely new way to think about stretching. You won't need 90 complicated minutes to get more agile—you'll just need 9! And your results will improve dramatically—and stay that way—when you incorporate just a touch of mobility and strengthening to your stretches. Joe Yoon shows you how. Better Stretching debunks myths and misconceptions. You'll discover:

- Over 100 wide-ranging stretches, from static to dynamic, including simple stretches you can do while sitting at your desk
- Three 30-day plans designed to give you maximum results in a minimum amount of time, each tailor-made for goals that you choose
- Stretching, strengthening, and mobility exercises for people at every level – whether you're a beginner or advanced, a weekend warrior or a competitive athlete, a business executive or a new parent
- Muscle-soothing self-massage techniques using simple foam rollers and tennis balls
- Over 125 photographs of Joe demonstrating his stretches, so you achieve results beyond what you thought possible

Perfect for beginning and advanced fitness practitioners alike, this is an in-depth look into the most magnificent machine ever created--the human body. Using detailed anatomical illustrations, *New Anatomy for Strength and Fitness Training* provides you visual insight into what happens to this organic machine during exercise--muscles and tendons working in concert to strengthen your body's building blocks. With a basic knowledge of how the body works, you can buff up your body with more than 75 selected exercises, grouped by body region and involving gym machines, free weights, and body weight/stretching, as well as yoga and Pilates. Each exercise is vividly illustrated by a full-color anatomical illustration of the targeted muscles, together with instructions on execution and technique.

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Complete reference handbook to assist with the planning and implementation of sessions.

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