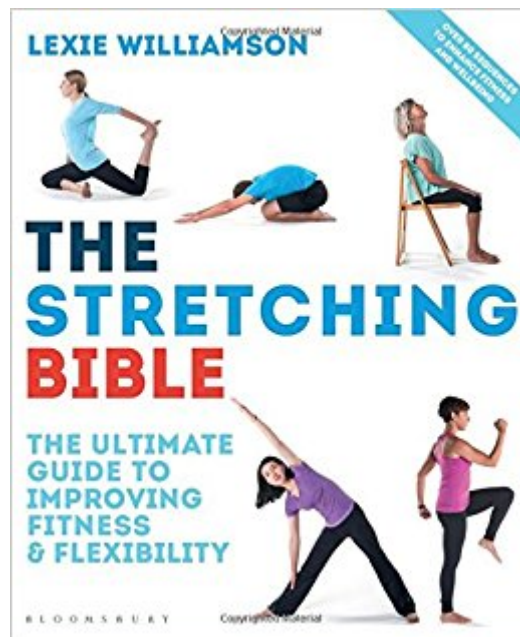




The book was found

# The Stretching Bible: The Ultimate Guide To Improving Fitness And Flexibility



## Synopsis

The Stretching Bible will help anyone gain mobility, improve sporting performance, and prevent common muscular injuries. A highly practical title, it clearly explains the science, benefits and 'dos and don'ts' of stretching followed by a range of stretches categorized by body part (quads, calves), activity (working at the office, rising in the morning), sport (rowing, tennis) or injury (hamstring strain, tennis elbow). This book is illustrated with simple diagrams at the beginning of each 'body part' chapter to pinpoint the location of the muscles to be stretched, and contains real-life case studies from athletes in the sport-specific section to explain how stretching has enhanced their performance or reduced injury and expert opinions on stretching from physiotherapists, doctors and coaches.

## Book Information

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## Customer Reviews

"The Stretching Bible is the perfect way for anyone to take their stretching to the next level." - Women's Fitness  
Lexie Williamson devised The Stretching Bible with those common obstacles that stop us rehabilitating properly in mind. As well as specific moves for every part of the body, Williamson has devised a series of stretches for 20 different sports . . . to reduce injury, build strength, and enhance performance." - Triathlon Plus

Lexie Williamson is a British Wheel of Yoga (2008) and Yoga Sports Science® qualified instructor and fitness writer. She teaches Yoga for Runners, Cyclists, and Triathletes workshops and writes for magazines including Runner's World, Triathlete's World, Cycling Active, Cycling Plus and Outdoor Fitness and MyYogaOnline.com. She is the author of Yoga for Cyclists and Yoga for

Runners.

I'm super flexible. As a weightlifter I'm constantly trying to find a better way to stretch this muscle or that, and this book has unlocked so many stretches that take other stretches I knew deeper. My gluteus medius finally feels stretched, as do my adductor and abductors. That little pinch above my hip bone that I'd spend 10-15 minutes trying to stretch out can now be stretched in 60-90 seconds. This book really is a stretching bible.

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The Stretching Bible: The Ultimate Guide to Improving Fitness and Flexibility Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2) Total Chi Fitness: Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Ultimate Flexibility: A Complete Guide to Stretching for Martial Arts Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury Rehabilitation Stretching Scientifically: A Guide to Flexibility Training Stretching for 50+: A Customized Program for Increasing Flexibility, Avoiding Injury and Enjoying an Active Lifestyle The Flexible Stretching Strap Workbook: Step-by-Step Techniques for Maximizing Your Range of Motion and Flexibility Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game (golf instruction, back

pain, golf books, golf) Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) Stretching & Flexibility Stretching for Functional Flexibility

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