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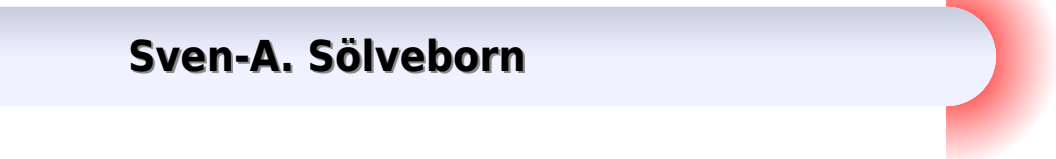
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The New Yorker Harold Wallace Ross, William Shawn, Tina Brown, David Remnick, Katharine Sergeant Angell White, Rea Irvin, Roger Angell, 1993-04 The Complete Guide to Stretching Christopher M. Norris, 2015-11-05 A reasonable level of flexibility is essential to the healthy functioning of joints and muscles which in turn facilitates performance and reduces the risk of injury Now in its 4th edition The Complete Guide to Stretching provides an accessible overview of the scientific principles that underpin this form of training and offers more than 70 exercises designed to safely increase range of motion right across the body The Complete Guide to Stretching is the definitive practical handbook for Sports participants and recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance Sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness Sport and exercise therapists who use stretching as an important part of a balanced rehabilitation programme Full colour photographs demonstrate the stretches throughout *Facilitated Stretching* Robert E. McAtee, 2013-11-14 Facilitated Stretching Fourth Edition With Online Video remains the most trusted resource for proprioceptive neuromuscular facilitation PNF stretching an effective and easy to use method that involves stretching the muscle contracting it isometrically against resistance and then stretching it again to increase range of motion Featuring a full color interior streamlined organization and a new online video package the fourth edition brings PNF stretching beyond the treatment room with the inclusion of techniques for the gym workout room and home The fourth edition offers a visual demonstration of PNF stretching techniques with more than 320 photos and illustrations It includes these updates A full color interior provides readers with clear images of the techniques discussed Graphic elements on selected photos highlight the muscles being stretched as well as the isometric effort for the stretcher and the partner Reorganization streamlines the content into two parts first focusing on the basics and then covering stretches Expanded content demonstrates how to incorporate stretches including strengthening routines into nontherapy workouts to optimize functional training An appendix showcases anatomical planes of motion anatomical terms and types of joints Online high definition video presents both treatment room techniques and simplified PNF stretches for nontherapy settings Facilitated Stretching Fourth Edition examines techniques and guidelines for PNF stretches in a variety of settings Stretches are demonstrated on a treatment table mat on the floor chair cable pulley machine and weightlifting bench Stretches are grouped according to each joint and the majority of the stretches include both a partner stretch version and a self stretch version The accompanying online video then demonstrates more than 90 of these stretches to reinforce proper technique for each stretch as well as four sample stretching routines Visual icons in the book indicate which stretches are shown in the video As in previous editions specific routines are included for cycling golf running swimming throwing and racket sports and now ice hockey It also includes general stretches for everyday use plus stretches for those with rusty hinges These ready made stretching routines make it

easy to incorporate facilitated stretching into a workout regimen and take the guesswork out of organizing a stretching routine to match the needs of a specific sport For accomplished athletes or those just beginning a fitness program the regular use of facilitated stretching can help improve flexibility and coordination and boost performance and enjoyment of sports Manual therapists massage therapists athletic trainers personal trainers sport physicians and coaches will find valuable information and techniques for optimizing flexibility coordination and performance Facilitated Stretching Fourth Edition provides access to the latest PNF stretching techniques to help assess current muscle function improve range of motion increase strength address overuse injuries and enhance performance Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam **Stretching** Vanessa Bini,2011 **Stretching: 40th Anniversary Edition** Bob Anderson,2020-10-06 Stretching is the most popular fitness book in the world having sold over 33 4 million copies in 40 years It has been translated into 23 languages In this new edition there are stretches for improving the bad posture attributable to cell phone usage tech neck and for people using computers The Book about Stretching Sven-A. Sölveborn,1989 **Complete Stretching** Maxine Tobias,John Patrick Sullivan,1998 **Stretching Anatomy** Arnold G. Nelson,Jouko Kokkonen, Get on the path to increased flexibility and improved muscular strength With more than 450 000 copies sold worldwide Stretching Anatomy Third Edition is your go to guide for seeing inside the stretches that will help you increase range of motion supplement training enhance recovery and maximize efficiency of movement Stretching Anatomy takes you inside every stretch with highly detailed hand drawn illustrations depicting proper technique as well as the activated muscles joints and surrounding structures Each stretch includes step by step instructions on how to perform the stretch the names of the muscles stretched and Stretch Notes detailing the procedures and benefits of the exercise safety considerations and variations for increasing or decreasing difficulty In this third edition you ll also find suggested programs for daily mobility and flexibility which are ideal for people who sit or stand for extended periods as well as a program proven to help lower blood glucose In addition you ll find stretching routines for 23 sports which are designed to improve flexibility maximize efficiency of movement and enhance recovery from training and competition If tight hips frozen shoulder limited neck mobility leg cramps arthritis or general muscle soreness are conditions you re all too familiar with use Stretching Anatomy Third Edition to develop a regular stretching routine to help you move and feel better

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