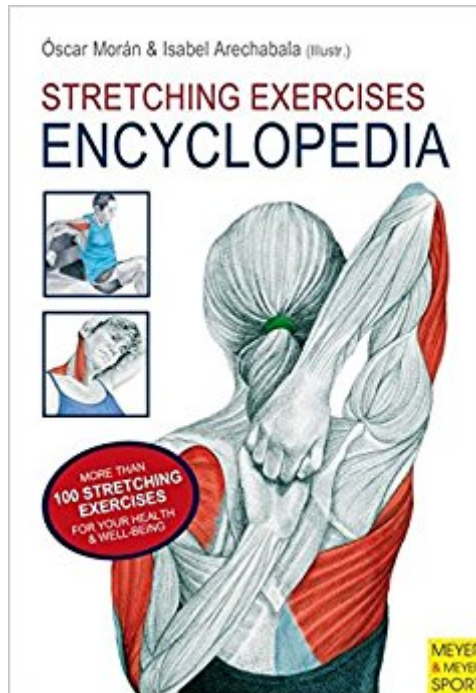




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# Stretching Exercises Encyclopedia



## Synopsis

Stretching Exercises Encyclopedia offers a general theory of muscle stretching. Anatomical pictures explain the different muscle groups involved in each exercise. A test to measure the degree of joint mobility is also included. Helpful tricks, tips and recommendations for all proficiency levels complete the encyclopedia. Furthermore, each exercise includes information about the movement one needs to perform, the posture that one must adopt, common mistakes that should be avoided, the principal and secondary muscles worked with this exercise as well as a series of very useful tips and advice. Any athlete will realize how regular stretching can improve their physical body shape and their quality of life.

## Book Information

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## Customer Reviews

Oscar Moran is a professor of Physical Education and a national weightlifting and bodybuilding trainer, fitness sports technician, sports nutrition technician and an expert in martial arts. He has been a member of the board at the International Federation of Physical Education and has published several books and dozens of articles in specialized magazines. Isabel Arechabala has a Bachelor's Degree in Fine Arts from the Complutense Faculty of Madrid. Since 1982, she has been working in the fields of illustration and graphic design. She successfully combines her work as an illustrator/graphic designer and her job as a professor of illustration and computer graphic design.

I looked at a few pages of this book and thought it would be exactly what I was looking for. I get muscle spasms in my back and neck and was looking specifically for new stretches covering the

whole body so I wouldn't have to keep going back to physical therapy. I was SO disappointed when I received this book. There are NO references to the common names of muscles (like hamstring). Without the pictures, this book would not have made any sense to anyone other than an anatomy major. The stretches were the basic stretches you learn in high school phy ed. I've taken exercise classes and had physical therapy and was surprised that NONE of the stretches I learned in those arenas were included in this book. The couple that I hadn't seen before and tried were not effective at isolating the particular muscle I wanted to stretch. I would NOT recommend this book.

I like it. Too many stretching exercises shown involving equipment or other people to help you out with your stretch. Sometimes the illustrations are also not that helpful too. But quite comprehensive.

Personally, I don't prefer dedicating effort to exercise without stretching... Even after reading "The Anatomy of Stretching," I sought more knowledge. This book is beautiful and detailed...a must have to improve flexibility or treat/prevent injury!

I work out quite a bit (weights and cardio), and I wanted to increase my flexibility. I checked out several books from several libraries on the subject. This book was by far the best, so I bought it. It has nice large illustrations and explanations. It covers every muscle group, and gives several stretches for each muscle. It shipped quickly and arrived promptly

Just what you expect. Wish the book had more exercises, but it is clear and insightful as to what it does show.

I thought it was deeper, but is a good encyclopedia!! ty

The book is well done and organized and you any exercise there are described the muscles involved. It just should have more exercises.

everything you should know about how we're built, and how to keep it in good shape! well laid out and very informative.

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