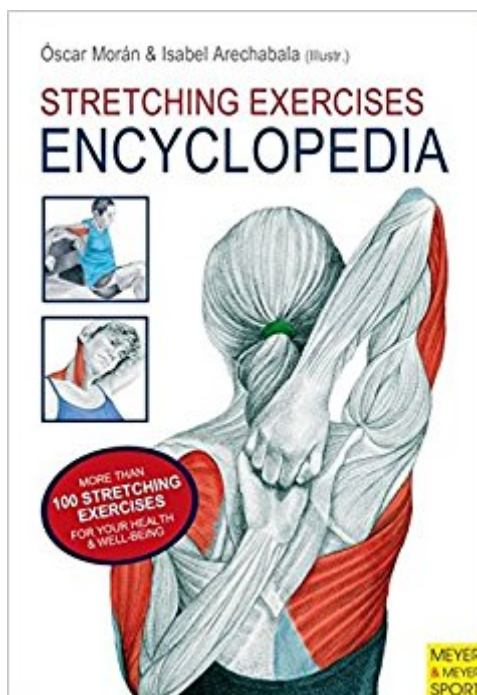


The book was found

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

Paperback: 240 pages

Publisher: Meyer & Meyer Fachverlag und Buchhandel GmbH; 1 edition (April 1, 2012)

Language: English

ISBN-10: 1841263516

ISBN-13: 978-1841263519

Product Dimensions: 0.8 x 8.2 x 11.5 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 13 customer reviews

Best Sellers Rank: #310,737 in Books (See Top 100 in Books) #57 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #381 in [Books > Health, Fitness & Dieting > Reference](#)

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.

[Download to continue reading...](#)

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) 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) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To
Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory
exercises, memory, brain training) Back Stretching - Back Strengthening And Stretching Exercises
For Everyone 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)
Stretching Exercises Encyclopedia Yoga for the Young at Heart: Gentle Stretching Exercises for
Seniors Anatomy & 100 Stretching Exercises for Cycling 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) 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) Bow Science & Exercises for Violin & Viola Preliminary
Exercises 45 Lazy Eye Exercises: Eye Patch Exercises To Improve Vision for Those Who Suffer
From Amblyopia Eye Exercises to Improve Vision: Recover Your Vision Naturally with Simple
Exercises (Vision Training) Workouts At Home For Women: Best Exercises to Lose Weight Without
Any Special Equipment (Fat Burning Exercises Book 1) Calisthenics: Calisthenics Guide:
BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics
Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Kegel Exercises for
Men: PC Muscle Exercises to Improve Sexual Health & Performance Exercises for the Brain and
Memory : 70 Top Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain
Juice Today: (Special 2 In 1 Exclusive Edition) Exercises for the Brain and Memory : 70 Neurobic
Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With
Crossword Puzzles) Exercises in English Level G: Grammar Workbook (Exercises in English 2008)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)