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THE **STRETCH**

50 STRETCHES **DECK**



BY OLIVIA H. MILLER
AUTHOR OF THE YOGA DECK

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Olivia Miller and
The Stretch Deck: 50 Stretches



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Stretching is among the most effective ways to enhance overall fitness. Slip it into a gym handbag and supplement any workout or utilize it any time to promote flexibility, prevent damage, and release pressure. This easy-to-use device by the writer of the best-selling Yoga Deck addresses important body regions-neck, shoulders, back, legs-in a convenient portable format.



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A fantastic and easy way to learn about the various stretch out exercises for increasing flexibility. I have been into conditioning all my life and now that I am into my senior years I found my versatility becoming worse as I age. Includes some good stretches that I would not have thought to use by myself. Not long ago I purchased "The Stretch out Deck" which has 50, stretches by Olivia H. Miller and I was pleasantly surprised at the numerous stretches demonstrated in this deck set. This wonderful set of stretching cards gives simple and easy to follow instructions on how to do each stretch. I also like how you can look up individual muscles to stretch, e. It clarifies why we should consist of stretching into our routines and how to properly stretch in order to avoid accidents. It emphasizes performing each stretch slowly and not to force a extend farther than your body are designed for. The cards are readable & even so, I was overjoyed to discover a number of stretches that I did so not find out about or practice in the past. Joseph J. Good cards, with comprehension guidelines for an effective stretch. In case you are into fitness and need to be more flexible, which is vital for lasting power and power, you should check out this fantastic stretch deck. Poses allow for more precise stretches I actually received this deck from my doctor. Good Product I have one of these and I love using it. I sent one to my daughter to help with her back again problems, and she likes hers, aswell. I started using the deck a couple of days ago. I was personally looking for a book to accommodate for dancers, but this reserve does have a lot of the basic stretches that some dancers forget about on a daily basis. If you need to improve your flexibility, then this book is a great starting point. Pictures help with the correct stretch. Rating: 5 Stars. Recommend as easy to check out thru with a extend routine Simple & Most of the exercises are similar to others I've done but the poses used develop a more specific stretch which is what I need. also, a fold-out describes specific groups of stretches to use for certain kinds of problems or for workers/sportsmen with unique needs. I'm currently studying massage therapy, so I bought these cards to help me recommend some stretches as home-care for my future clients. Though I was familiar with most of the stretches shown in this deck; understand. It covers neck stretches, upper-body stretches, trunk and lower back stretches, and leg stretches. g. the Piriformis muscle mass, and read which of the stretches are employing which muscles. I get pinched nerves that trigger skin rashes. 50 stretches, someone to each card, are proven with technique and benefits listed on the reverse part; I love the actual fact that I can take this cards deck with me to remind me of great stretches to use before 5K races, etc. The deck is very convenient for toting to work as well. I began carrying out more of the stretching exercises I i did so when I was young. Five Stars An absolute must have item for everybody exercising or taking part in any sport Four Stars Some of the best stretches I have ever seen excellent stretch deck This is a fantastic resource for individuals who would like to setup a customized stretch routine or who have specific areas which they'd prefer to work. Convenient for travel! General A Great Deck! The stretches cover a wide range of muscles on your body and have really helped with areas I simply couldn't get extended. I've found these cards incredibly useful. Five Stars Excellent, I created a stretch routine that focuses on my specific requirements. I can consider it anywhere to stretch out. Good cards, with comprehension instructions for a highly effective stretch Many basic stretches along with some brand-new ones. Organized by body parts helps too. Truncal (Writer: Tactical Concepts of the most effective combative systems). I'd recommend this deck to anyone. Basics This book is great if you would like some tips on basic stretches to do everyday. After stretching and then locating and pressing on the pressure points that are impinged I am in a position to minimize the most severe of the rashes and expect with a few more days of stretching to find the last bunch gone. Very well done. The explanations are very good. Easy. Right now, I'm trying to accomplish all of them during the day, but down the road, I'll be in a position to tailor my routines to focus on areas that I have a tendency to get too tight in and then disseminate the various other stretches over a few days. Five Stars Just as described. great stretches I have this on my iPad. Recommend the Stretch Deck!



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