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STRETCHING



30th Anniversary Edition

BOB ANDERSON

Illustrated by JEAN ANDERSON

NEW! Computer Stretches

Bob Anderson and

Stretching: 30th Anniversary Edition



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This is the book that people tell their friends about, that trainers suggest for just about any sport and activity, and that doctors recommend to people beginning to get back in shape. It features stretching routines particular to a variety of people, including sports enthusiasts, travelers, children, gardeners, and folks in wheelchairs. This 30th anniversary edition features two-color inks to raised define the muscle groups helped by each stretching workout. Stretching first made an appearance in 1980 as a new generation of Americans became committed to running, cycling, aerobic teaching, and workout routines in the gym — There is also an abbreviated version of every routine for people in a hurry, new details on the stretching vs. warming up debate, and new and improved drawings. all of which are commonplace today. A new section targets office fitness exercises, ideal for both home and workplace computer users.



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Found it! Today I give them out to my Ageing friends Informative! I experienced stretches for biking and running, but not for the first leg of my triathlons, swimming. Therefore without knowing the reserve name or the authors I found it on amazon - and got the 30th anniversary edition. I deducted one star because some of the activities are redundant and, as the author's wife was the illustrator, the exercises for certain activities appear to be a tad stereotypical in regards to gender functions n such. Its a perfect size for my gym bag. Great stretching exercises.==>Physical Therapist Approved! 1.Pocket Stretching Reserve is a perfect size for my fitness center bag. I put it in a zip lock bag to keep it nice.2.My brother is a Chiropractor and he gave me the bigger version over two decades ago.3.. I actually liked it better since it laid out toned.7.My Physical Therapist was very impressed with this publication and its size. I gave my spiral bound duplicate to a freshman scholar. I highly recommend both. I bought the Apple book version. Love it! My brother is a Chiropractor and he gave me this stretching reserve over twenty years back==> This is an excellent illustrated book which has many exercises that she discovers helpful. This book's motto is usually "no pain no gain is a couple of BS so don't harm yourself and relax and enjoy the stretches". 1. My brother is certainly a Chiropractor and he offered me this stretching book over twenty years ago.2. The illustration of every stretch may also be all that is necessary to perform the stretch although if you need more, there are directions for each stretch. I actually liked it better because it laid out flat.3. That copy is so old the guts of the webpages are yellowish brownish and the outer advantage of the pages were the same color brown as on the cover. Waay nicer than the one I wore out! I'm a physical therapy professional and I've utilized some of these stretches throughout patient care every once in awhile. At the end of every chapter, there is an illustrated overview of the stretches. Fantastic collection, very clear pictures showing exactly where the stretch should focus. I put it in a zip lock bag to keep it good.5.My Physical Therapist was very impressed with this reserve and its size. I did so notice some nice updates, What I particularly appreciate is the focus on explaining proper body mechanics to prevent substitution, that's something I'm VERY particular about and I couldn't find fault with any of the instructions given. It can help you ease right into a extend and know if you are doing it right.4.Many thanks Bob Anderson for your easy to follow stretching books! I must say i enjoy this book I must say i enjoy this book. I've done a few of the stretches. I used it so much, that years later I had to consider it to an workplace supply store to keep these things hole punch and add a plastic binder down the backbone of the reserve. In some cases, there is a stretch illustration that is marked with an X to point the incorrect way to execute the stretch and then the correct illustration is following to the wrong one. There exists a chapter specialized in stretches for each major muscle

that is used, like the a chapter with stretches for the shoulders. I also bought the Pocket Stretching Book. Regardless, I'd definitely choose the book again. I would recommend this book to anyone looking for a comprehensive guide to stretching. Yep, it's awesome This isn't one of those "I simply got the merchandise and it still has shrink wrap on it but I really, really love the cover so five stars" reviews. I've been using this book for over per month now. I would recommend this book to my patients I feel would reap the benefits of it. Compared to my various other stretching publication (Stretching Anatomy), there is no comparison. Great info Like Everything you didn't know you didn't know This book is an amazing tool for educators and the ones who would like to educate themselves. You will advantage by learning how exactly to stretch properly. Many thanks! I love the stretching technique in the publication. She could tag the stretches which were perfect for my situation/injury. After a month+ of use I can say that it functions. I have used it after waking up, prior to going to bed, to warm-up for pilates workouts each morning, to warm up for working, cycling, weightlifting, and sports, to cool off from many of these, and to loosen up tight muscle groups in my back, hip and legs and shoulders. Female secretary with the small cubicle. I recommend this reserve to everyone, athlete or non-athlete. SA's motto is normally "the more it hurts the better you're doing". I bought my first copy when I was a competitive athlete in what seems just like a former life time and before We became a health . lol4. Great price and Bran New Brand new. Simply bought this 30th Edition and I LOVE it!6. I have multiple books on fitness and stretching (including yoga and pilates), and I could say that this is certainly a legit fitness reserve. Good book on STRETCHING! Suggest to others! Regrettably not really the spiral bound edition as advertised. I examine many evaluations before purchasing this reserve and I am certainly pleased that the publication lives up to those reviews. loving this 30th edition. It's a great exercise book for anyone looking to get into shape or just have a great warm-up before exercises. We suggest it to others! Awesome book. Very interesting looking towards adding a stretching routine to my day time and viewing how my versatility improves. So as she actually is recovering she is finding good exercises and methods for getting back to herself. Lots more in this edition, with exercises for table sitters, manual workers, as well as sports athletes. Male boss with the swank desk. The book is a wonderful reference and has helped supplement my other activities superbly.. Still, since that is a 30th anniversary edition, it would have been nice to see even more contemporary twists to the illustrations to create it more relevant to today's culture. I really do realise that the publication is old and the ones stereotypes were more typical when the book was first written.. Gleam information to stretches for most activities such as for example running, bowling, swimming, golfing, and many others. Very happy with the purchase for the price. It's an excellent addition to another

reserve, "The Sivathanda Complete Companion to Yoga".She could tag the stretches which were perfect for my situation/injury. Simple Guide for Fleixiblity It has been my guide for 30 years.5.6. I have had printed out copies of pages of this book several years ago but never really had the reserve itself.Thank you Bob Anderson pertaining to your simple to follow stretching books! Therefore many great stretches that I've incorporated at work and at home. While SA offers you lots of photos and descriptions of the muscle groups you stretch, this reserve actually gives you group of stretching applications and teaches you how exactly to appreciate them. Stretching appears like something we all know how to do nevertheless, you would be surprised what you're doing wrong or everything you could be doing differently. The larger versions "Mini~Me"! Description states spiral bound, not. Possess used these exercises on it everyday basis. Great book now in a perfect size. Love the book so much I give it as a gift to those into stretching or these wanting to enter stretching routines. Wife just had our son some time ago and well, let's just mention he was a big boy!We used it so much, that years later I had to take it to an office supply store to have them hole punch and put in a plastic binder straight down the backbone of the book.. Has great stretches...book was the 1st printing, the author is up to 3rd edition. Bought both edition from two different vendors, 3rd edition showed up in a few days, 1st edition got a few weeks to arrive. I purchased my first copy when I was a competitive athlete in what appears like a former life time and before I became a health care clinician.



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