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STRETCHING

POCKET BOOK EDITION



BOB ANDERSON
Illustrated by JEAN ANDERSON

Bob Anderson and
Stretching: Pocket Book Edition



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Stretching has been offering steadily for over 30 years. The genius in the reserve is the use of clear line drawings to which readers relate (as opposed to photos). and "The Routines," for everyday actions, for any office, for sports activities, and for specific areas of the body, with page number references to the guidelines for each stretch. There are two main sections: "The Stretches," with bulleted instructions for each stretch; Stretching is certainly a mild, simple activity that can be done by anyone, anywhere, anytime. The main section of the publication is identical to the original.



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Found it! I've had printed out copies of webpages of this book in the past but never really had the reserve itself. I purchased my first copy when I was a competitive athlete in what appears like a former lifetime and before I became a healthcare clinician. Simply bought this 30th Edition and I LOVE it! Physical Therapist Approved!. The bigger versions "Mini-Me"! => Lots more in this edition, with exercises for desk sitters, manual workers, in addition to athletes.

1. Pocket Stretching Book is an ideal size for my gym bag. I am using this publication for over a month right now. 2. Waay nicer compared to the one I wore out! 4. I used it so much, that years later We had to take it to an workplace supply store to keep these things hole punch and put in a plastic binder down the backbone of the book. I've multiple books on fitness and stretching (including yoga exercise and pilates), and I can say that this is a legit fitness reserve. 3. My Physical Therapist was extremely impressed with this publication and its own size. It's an excellent addition to another reserve, "The Sivathanda Complete Companion to Yoga exercise". Still, seeing as this is a 30th anniversary edition, it could have been fine to see even more modern twists to the illustrations to make it more highly relevant to today's culture. 6. I read many reviews before purchasing this publication and I am definitely pleased that the book lives up to those reviews. My buddy is a Chiropractor and he gave me this stretching book over twenty years ago => loving this 30th edition. Great book now in a perfect size. My Physical Therapist was extremely impressed with this reserve and its size. My brother is certainly a Chiropractor and he offered me this stretching publication over two decades ago. I also bought the Pocket Stretching Book. I used it therefore much, that years afterwards I had to take it to an office supply store to keep these things hole punch and put in a plastic binder down the spine of the publication. I actually liked it better since it organized flat. 3. Therefore without knowing the publication name or the authors I came across it on amazon - and got the 30th anniversary edition. My buddy is a Chiropractor and he gave me the bigger version over twenty years ago. Awesome book. 2. The book is an excellent source and has helped dietary supplement my other activities superbly. I place it in a zip lock handbag to keep it great. 5. 1.6. She could tag the stretches that were perfect for my situation/injury. Wife simply had our son some time ago and well, let's just say he was a big boy! Many thanks Bob Anderson designed for your easy to follow stretching books! I must say i enjoy this book I must say i enjoy this book. I have done a few of the stretches. The illustration of each stretch may also be all that is essential to perform the extend although if you want even more, there are directions for every stretch. In comparison to my various other stretching publication (Stretching Anatomy), there is no comparison. reserve was the 1st printing, the writer is up to 3rd edition. At the end of each chapter, there is an illustrated summary of the stretches. There is also a guide to stretches for most activities such as for example running, bowling, swimming, golfing, and many others. I recommend this publication to anyone searching for a comprehensive guide to stretching. Happy with the purchase for the price. I put it in a zip lock bag to keep it good. I in fact liked it better because it laid out smooth. In some cases, there exists a stretch illustration that is marked with an X to indicate the incorrect way to perform the stretch and then the right illustration is following to the wrong one. While SA offers you lots of photos and descriptions of the muscles you stretch, this reserve actually gives you series of stretching programs and teaches you how exactly to appreciate them. SA's motto is certainly "the even more it hurts the better you're carrying out". I gave my spiral bound duplicate to a freshman scholar. So as she is recovering she is finding great exercises and methods for getting back again to herself. It can help you ease right into a extend and know if you are doing it correct. After a month+ useful I can say that it works. Great price and Brand new. Its a perfect size for my gym bag. I recommend this reserve to everyone, athlete or non-athlete. Description says spiral bound, not. I highly recommend both. I'm a physical therapy professional and I've utilized some of these stretches throughout patient care from time to time. I got stretches for biking and operating, however, not for the 1st leg of my triathlons, swimming. That duplicate is so old the guts of the web pages are yellowish brownish and the outer advantage of the pages had been the same color brown as on the cover. I do realise that the reserve is old and the ones stereotypes were more typical when the publication was first written. I recommend this reserve to my patients I feel would reap the benefits of it. Good book on STRETCHING!. 7. I really like the stretching technique in the reserve. This is a great illustrated book that has many exercises that she discovers helpful. It's an excellent exercise book for anyone trying to get into shape or just have an excellent warm-up before exercises. We recommend it to others! lol 4. Therefore many great stretches that I've incorporated at work and at home. Thank you Bob Anderson meant for your simple to

follow stretching books! Love it! Male boss with the swank table. Female secretary with the tiny cubicle.. Wonderful collection, very clear pictures showing exactly where the stretch should focus. I did notice some nice improvements, What I especially appreciate is the focus on explaining proper body mechanics to avoid substitution, that's something I'm VERY particular about and I couldn't discover fault with any of the guidelines given. She was able to tag the stretches that were ideal for my situation/injury. Irrespective, I'd definitely choose the book again. 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 like the cover so five stars" reviews.5. I purchased my first copy when I was a competitive athlete in what seems such as a former lifetime and before We became a health . Simple Guide for Flexibility It has been my instruction for 30 years. This book's motto can be "no pain no gain is certainly a couple of BS therefore don't hurt yourself and relax and revel in the stretches". Love the book thus much I provide it as a gift to individuals into stretching or these wanting to enter stretching routines. Now I provide them with out to my Aging friends Informative! I deducted one star because a few of the actions are redundant and, while the author's wife was the illustrator, the exercises for several activities appear to be a tad stereotypical with regard to gender roles n such. Very useful looking towards adding a stretching routine to my day time and viewing how my versatility improves. Great info Like What you didn't know you didn't know This book is an amazing tool for educators and the ones who want to educate themselves. Stretching seems like something we all know how to do but you will be surprised what you're carrying out wrong or what you could possibly be doing differently. Great stretching exercises. Has great stretching exercises. Have used these exercises onto it everyday basis. Thank you! I bought the Apple publication version. Regrettably not the spiral bound edition mainly because advertised.. Recommend to others! You will advantage by learning how to stretch properly... There is a chapter specialized in stretches for every major muscle that is used, like the a chapter with stretches for the shoulders. Bought both edition from two different suppliers, 3rd edition showed up in a few days, 1st edition took a few weeks to arrive. I've used it after getting up, before going to bed, to warm-up for pilates workouts in the morning, to warm-up for operating, cycling, weightlifting, and sports, to cool down from many of these, and to stretch out tight muscle tissues in my back, legs and shoulders.



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