

LEXIE WILLIAMSON

OVER 100 STRETCHES  
WITH INSTRUCTIONS  
TO IMPROVE  
FLEXIBILITY



# THE STRETCHING BIBLE

THE ULTIMATE  
GUIDE TO  
IMPROVING  
FITNESS  
& FLEXIBILITY



BLOOMSBURY

Lexie Williamson

## The Stretching Bible: The Ultimate Guide to Improving Fitness and Flexibility



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The Stretching Bible will help anyone gain mobility, improve sporting performance, and prevent common muscular injuries. This publication is illustrated with basic diagrams at the beginning of each 'body part' chapter to pinpoint the positioning of the muscles to be stretched, and contains real-life case research from athletes in the sport-specific section to describe how stretching has enhanced their performance or reduced injury and expert opinions on stretching from physiotherapists, doctors and coaches. A highly practical title, it clearly explains the research, benefits and 'dos and don'ts' of stretching followed by a range of stretches categorized by body component (quads, calves), activity (working at the office, rising each morning), sport (rowing, tennis) or injury (hamstring stress, tennis elbow).



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Great for newbies and the super flexible I'm super flexible. Five Stars Great Book- just what I wanted. That little pinch above my hip bone that I'd spend 10-15 moments trying to stretch out can now be stretched in 60-90 seconds. My gluteus medius finally feels stretched, as do my adductor sand abductors. This book really is a stretching bible. As a weightlifter I'm constantly trying to find a better way to stretch this muscle or that, and this book has unlocked so many stretches that take other stretches I understood deeper.



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