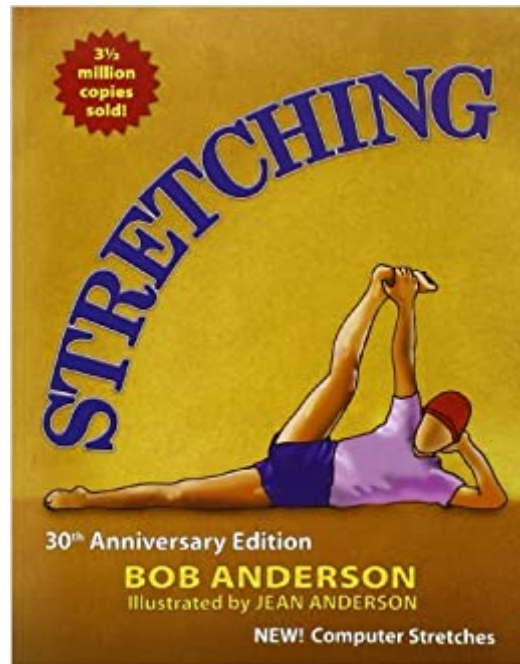




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# Stretching: 30th Anniversary Edition



## Synopsis

This is the book that people tell their friends about, that trainers suggest for virtually every sport and activity, and that medical professionals recommend to people just starting to get back in shape. Stretching first appeared in 1980 as a new generation of Americans became committed to running, cycling, aerobic training, and workouts in the gym; all of which are commonplace now. It features stretching routines specific to a variety of people, including sports enthusiasts, travelers, children, gardeners, and people in wheelchairs. There is also an abbreviated version of each routine for people in a hurry, new information on the stretching vs. warming up debate, and new and improved drawings. This 30th anniversary edition features two-color inks to better define the muscle groups helped by each stretching exercise. A new section focuses on office fitness exercises, helpful for both home and office computer users.

## Book Information

Paperback: 240 pages

Publisher: Shelter Publications; 30th edition (April 6, 2010)

Language: English

ISBN-10: 0936070463

ISBN-13: 978-0936070469

Product Dimensions: 0.5 x 8.2 x 10.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 338 customer reviews

Best Sellers Rank: #8,807 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching

## Customer Reviews

Every stretch you will ever need; Rocky Mountain NewsThe field's pioneer work; Athletic Journal;a bible of the stretching gospel; Washington PostStretching can get the beginner started and keep the hard core fitness addict in shape. Jackson Daily News

One of the most popular fitness books of all time. The original edition has sold over 3 million copies worldwide and is in 23 languages.Stretching has been updated in this revised 30th edition, with:10 new stretching routines for office workers and computer operators tips on office ergonomics and preventing repetitive stress injuriesnew 2-color design

I have had printed out copies of pages of this book several years ago but never had the book itself. I had stretches for biking and running, but not for the first leg of my triathlons, swimming. So without knowing the book name or the authors I found it on - and got the 30th anniversary edition. Lots more in this edition, with exercises for desk sitters, manual workers, as well as athletes. Wonderful collection, very clear pictures showing exactly where the stretch should focus.

I was hesitant to buy this book at first since I buy way too many books that I don't have time to read or to follow but this year having reached 40, I realized I couldn't bend as easily as I used to. Don't have much time to practise yoga any more and frankly hate reading 3 pages to do a simple sit up. The best thing I liked about this book is it has simple drawings or sketches (not pics. of individuals) which are very clear and the arrows showing direction of movement and crossed positions you are not supposed to do. I am a single mom who is working and going back to college and frankly after reading so much that includes helping my kid with his middle school, I really don't want to read too much to perform a stretch. By the way, I just got this book yesterday in mail and did upper body stretches since I was carrying too much tension on my shoulders, I felt relieved in just 6 minutes..Amazing..very simple stretches which everyone should do every day.

This book was recommended by my physical trainer who had an earlier edition. This edition has been updated with extra material and the illustrations are clearer due to the use of subtle color shading. It is an excellent resource of those of us who are getting along in years and stiffening up with age. Well written with decent illustrations, I highly recommend this book

This book has great pictures and a variety of different stretching options! Great is you have no idea where to start or want to modify stretches to fit in your work environment. I especially like that it tells you which muscles should feel stretched.

The book is a great way to keep you stretched out. It has helped me strengthen my muscles on my back. Helps relieve my lower back pain.

This book was recommended as a stretching bible by a friend who is both an MD and an LMT. My only problem with it is that it doesn't come with a magic motivation spell to get me to do the exercises as often as I should.

Clear and easy to follow instructions and illustrations. Everything about stretching. This book has been in print for so long because it delivers.

I bought an edition of this fine book decades ago, and I bought it again! It is the best book ever assembled on stretching in general and special stretches for different sports. It is also very easy to follow and explains the benefits of stretching. You don't have to be an athlete to enjoy this book

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