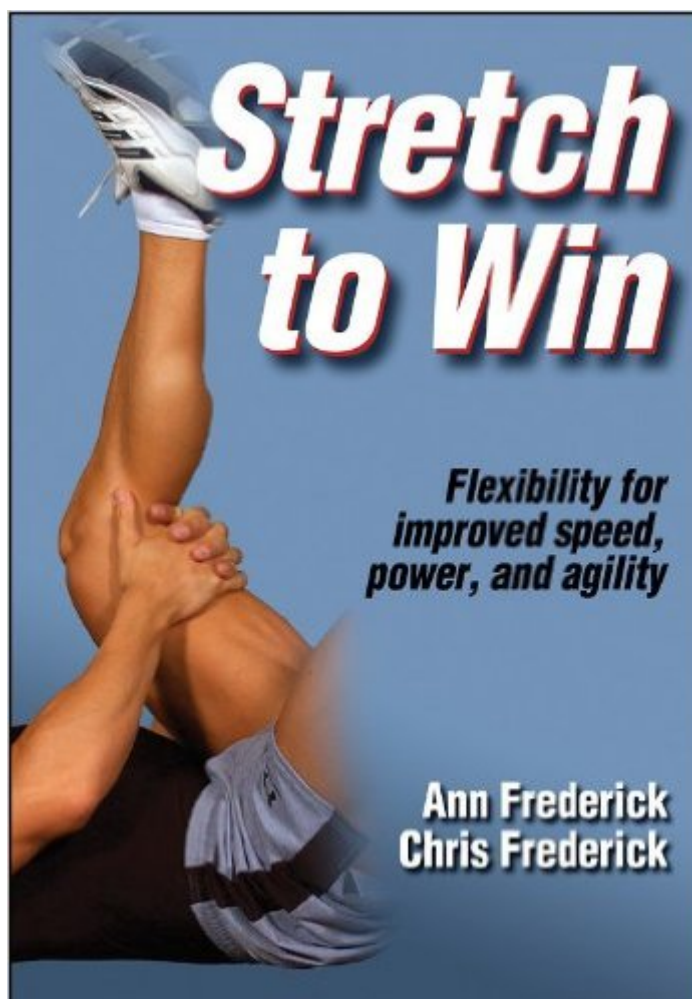


The book was found

Stretch To Win



Synopsis

Leave the old static stretches, muscle tightness, and movement restrictions behind. *Stretch to Win* presents a complete flexibility training system—a proven winner for today's athlete. This is the new way to both loosen up and perform your best. Learn the dynamic exercise techniques that most closely represent the movements and loads that will be required of your body on the court, field, course, track, or mat or in the water. After you complete a simple self-evaluation, a special science-based stretching matrix enables you to tailor a program specifically for your body, your sport, your position, or your event. Authors Ann and Chris Frederick have trained many elite and aspiring athletes to achieve optimal muscle and joint function. Now you can stretch to win and enjoy the same results champions in all sports have achieved through this modern, customized flexibility training program. v

Book Information

Paperback: 264 pages

Publisher: Human Kinetics; 1 edition (June 1, 2006)

Language: English

ISBN-10: 0736055290

ISBN-13: 978-0736055291

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars— See all reviews— (44 customer reviews)

Best Sellers Rank: #71,999 in Books (See Top 100 in Books) #27 in— Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #2686 in— Books > Sports & Outdoors

Customer Reviews

I see this as a later generation book about stretching compared to such books as (the highly recommended) Thomas Kurz' 'Stretching Scientifically', Pavel's 'Relax Into Stretch', 'Stretching Anatomy' and 'Ultimate Flexibility'. What the book opened up for me was the need to get beyond stretching linearly, even when using advanced forms of isometric stretching, and work the body in 3 dimensions. It also introduced the work of Thomas Myers (Anatomy Trains) whose ideas on the fascia was a big influence on the authors. Prior to reading this book, when I wrote a rollup of what I'd learned about flexibility training I came up with the following... 1. Increasing strength and flexibility is relatively easy. However, most people are hampered by the wrong approach. (See e.g. McGuff, Body By Science, and Kurz). 2. Flexibility and strength are two sides of the same coin and should

be considered together. Proper strength training, which takes movement through a full ROM, enhances flexibility. "When in doubt, strengthen." 3. Intense stretching aimed at improving flexibility should be treated as a form of strength training and should include a full recovery period. Twice, or even once a week, is adequate for most people. 4. Warm ups and stretching are two different things. Intense static stretches do not prevent injury and in fact can indirectly lead to injury in the next phase of activity if used as a warm up. Intense static stretches should not be part of a warm up routine. 5. The surest and safest way to increase flexibility is to learn the advanced versions of static, isometric stretching (PNF, CR and CRAC techniques). Isometric stretching builds strength in the extended position while improving flexibility. 6.

[Download to continue reading...](#)

Stretch to Win Roulette Rockstar: Want To Win At Roulette? These 3 Simple Roulette Strategies Helped An Unemployed Man Win Thousands! Forget Roulette Tips You've Heard Before. Learn How to Play Roulette and Win! Homemade Shea Body Butter for Beginners: All-Natural Quick & Easy Recipes to Eliminate Eczema, Acne, Dry Skin, Stretch Marks, Sunburn & More Phimosi Cure: How to Stretch Tight Foreskin at Home & Avoid Circumcision (Penis Enhancement, Jelqing, Kegels, Erectile Dysfunction, ED) The Stretch Workout Plan: Simple Exercises to Improve Flexibility, Increase Mobility and Relieve Tension Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your Abs, Core, Arms, Back and Legs Stretch Out Strap Pilates Essentials 2nd Ed (8216) The Whartons' Stretch Book: Featuring the Breakthrough Method of Active-Isolated Stretching Stretch and Pray: A Daily Discipline for Physical and Spiritual Wellness Stretch and Strengthen Stretch Sport Stretch, 2nd Edition: 311 Stretches for 41 Sports The Healthy Way to Stretch Your Dog: A Physical Therapy Approach (Dogwise Manual) The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body Gay: STRETCH : 3 Book Gay Bundle (Contemporary Stepbrother Paranormal Menage Taboo MM Erotica) (Alpha Male Fiction) The Seven Year Stretch: How Families Work Together to Grow Through Adolescence MATHadazzles Mind Stretch Puzzles Volume 4: Reasoning with Fractions Fascial Stretch Therapy Education Behind Bars: A Win-Win Strategy for Maximum Security Winning at Baccarat: Baccarat Strategies to Consistently Win at Punto Banco or How to Win at Baccarats to Beat the Casino, Learn all the Baccarat Gambling Rules - Helps You Play Online Baccarat, too!

[Dmca](#)