

The Complete Guide To Stretching Complete Guides

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Now in its 4th edition, The Complete Guide to Stretching provides an accessible overview of the scientific principles that underpin this form of training and offers more than 70 exercises designed to safely increase range of motion right across the body. Full colour photographs demonstrate the stretches throughout.

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"The Complete Guide to Stretching" is the definitive practical handbook for: sports participants and recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance; sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness; and, sport and exercise therapists who could use stretching as an important part of a balanced rehabilitation programme.

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Stretching exercises help muscles to relax, relieving tension. Differing conclusions have been dealt amongst dozens of research papers in attempts to answer the above questions. With this website I hope to address these and other issues based on my own research and clinical experience.

[Stretching Exercises Guide. Your ultimate guide to stretches.](#)

Deep Tissue Massage Tricep Stretch. While standing, lift one arm above your head and bend at the elbow to reach down behind your neck. Use... Shoulder Stretch. Bring one arm up across your body. Hook your other arms underneath and pull the straight arm towards... Quad Stretch. Whilst standing, bend ...

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