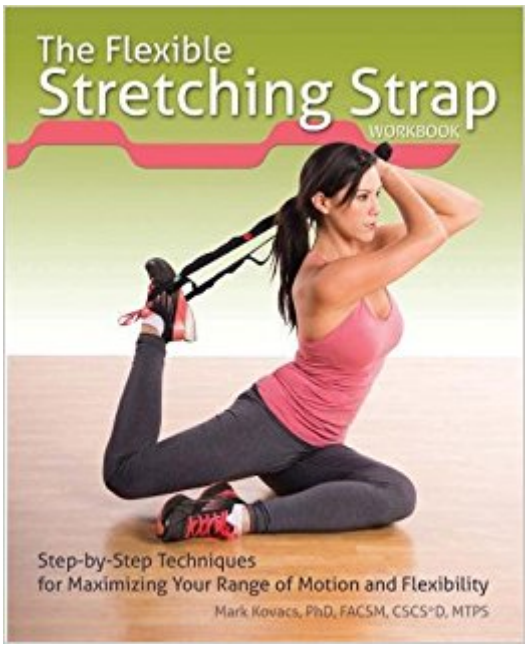
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The Flexible Stretching Strap Workbook: Step-by-Step Techniques For Maximizing Your Range Of Motion And Flexibility



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Synopsis

AN ALL-IN-ONE GUIDE TO IMPROVING FLEXIBILITY USING THE SIMPLE AND HIGHLY EFFECTIVE STRETCH STRAPEasy to use and inexpensive, the stretching strap is the ultimate at-home tool for improving range of motion for any part of the body. From ankle to neck, the targeted exercises in this book unleash the power of the stretching strap to help:Ã¢â ¬Â¢Release Muscle TensionÃ¢â ¬Â¢Improve Tendon ElasticityÃ¢â ¬Â¢Increase FlexibilityÃ¢â ¬Â¢Alleviate PainÃ¢â ¬Â¢Rehabilitate InjuriesÃ¢â ¬Â¢Boost AthleticismA band lined with multiple loops to allow a spectrum of different static and dynamic possibilities, the stretching strap is a staple among trainers and physical therapists. Now this guide brings the benefits of a stretching strap routine right into your living room with 50 exercises that target your personal fitness or rehab goals.

Book Information

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Customer Reviews

Dynamic Stretching-Mark-Kovacs-9781569757260-14.95-Ulysses Press-12/29/2009-16000-

Dynamic Stretching|Mark|Kovacs|9781569757260|14.95|Ulysses Press|12/29/2009|16000|

This book has been a wonderful addition to my home-gym arsenal. I was especially drawn to the exercises the author presents because they help me deepen my stretching routine without a partner. The bookÃƒÂ¢Ã â ¬Ã â„¢s focus on technique, rather than just increasing the degree to which you can stretch, is very much in line with my own exercise philosophy, pushing quality of the workout over quantity. The range of workouts is great, making the book useful for everyone from people who mostly want to get through their everyday activities with less physical pain or restriction

to hard-core athletes who may want to increase their skills. I do a lot of long-distance running, and IÃƒÂ¢Ã â ¬Ã â„¢ve really appreciated the bookÃƒÂ¢Ã â ¬Ã â„¢s Hip Program, which provides detailed instructions for working on problem areas like the IT band and quads that so often plague runners. Stretching Strap Workbook gets a bit heavy on the technical science at timesÃƒÂ¢Ã â ¬Ã â •which is interesting, but maybe a bit over the topÃƒÂ¢Ã â ¬Ã â •but in general this is a clear guide to improving range of motion and flexibility with a simple workout tool.

I picked up this book out of a desire to become more flexible. This book begins with great information that can be seen as review for the more experienced or unique information for the beginner. It outlines the safe ways to begin using a stretching strap as well as information about muscles. It then details programs for Activities of Daily Living, which I found great. Not only do these programs outline exercises useful for sports like golf, soccer, and so on, as well as outlining exercises for things like office life or gardening. I really appreciated this wide variety of programs for different lifestyles. I donÃƒÂ¢Ã â ¬Ã â„¢t play much football, but I do enjoy gardening occasionally! My favorite part of this book is the detailed exercises provided. As a complete beginner at using a stretching strap, I appreciated the multiple pictures and simple instructions for each exercise. So often these books do not provide adequate pictures or overly complex directions, but this book was much better. It provides pictures that easily show these exercises and to-the-point directions. Although I havenÃƒÂ¢Ã â ¬Ã â„¢t been practicing enough yet to know if itÃƒÂ¢Ã â ¬Ã â„¢s made me more flexible, I definitely enjoy using this book to begin my journey with the stretching strap!

Great book to show how to do the correct stretch for the activity you usually do. In Claude's a wide variety of stretches that feel good. I actually wish there was info on what stretches to utilize for therapy on injuries or conditions that you are trying to improve or strengthen.

I bought this book after my wife noticed that I wasnÃƒÂ¢Ã â ¬Ã â„¢t as agile as I used to be a few years ago. IÃƒÂ¢Ã â ¬Ã â„¢ve definitely had a decrease in my flexibility but I didnÃƒÂ¢Ã â ¬Ã â„¢t amount it too much. I had always been taught to do strap-free stretching, ever since my P.E. classes in elementary school, but this book opened my eyes to a better way of stretching.I found the books focus on technique over range a refreshing approach to exercise. Not only did it push my attention away from my range of mobility and how I was stretching but also made me think about the science behind it. I would definitely recommend this book to anyone

interested in expanding their at-home workouts.Also as an avid golfer, this books inclusion of sports-specific stretches is a wonderful addition. I love that it includes an explanation for each sport as to what types of movement and muscles you should focus on. IÃƒÂ¢Ã â ¬Ã â„¢m always looking to improve my golf swing and this book has dozens of stretches that can help with my range of motion. So hopefully I can take a few strokes off my game this year!

Dr. Kovacs has done a great job in providing stretching guidelines for anyone. This is a very practical and easy to follow book with great illustrations. It's a great companion guide for the TheraBand Stretch Strap (http://astore..com/conten01-20/detail/B00BLGJZ4Y). The techniques in this book focus on the 'contract relax' technique of stretching, which is one of the unique features of the TheraBand Stretch Strap. Beware that the green nylon stretch strap often paired with this book is NOT flexible, therefore may not be consistent with this book.

In classes IÃƒÂ¢Ã â ¬Ã â„¢ve taken at the gym, they always stress the importance of stretching, but only spending a short amount of time doing them and never explaining the correct way to do them. This book gives a complete description of the stretches and the muscles that each one helps. It explains the importance of stretching, flexibility, and the different types of stretches.The stretching strap maximizes each stretch. With the photos and the detailed instructions it gives you the techniques to do the stretches correctly. The books lists specific stretches for the different sports to maximize your flexibility.Being of the over 50 group I was particularly interested in the over 50 + program for stretching and increasing flexible. Using the straps for the different stretches would be easier than doing most yoga positions. After reviewing the book I found more programs that would benefit my life. Just the other day, I had a stiff back and used one of the stretches with just a resistance band. Amazingly my stiff back was gone. I believe when I purchase the stretch strap it will really improve my stretches. I have learned that when using the stretch strap it really extents the stretch in that muscle.

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