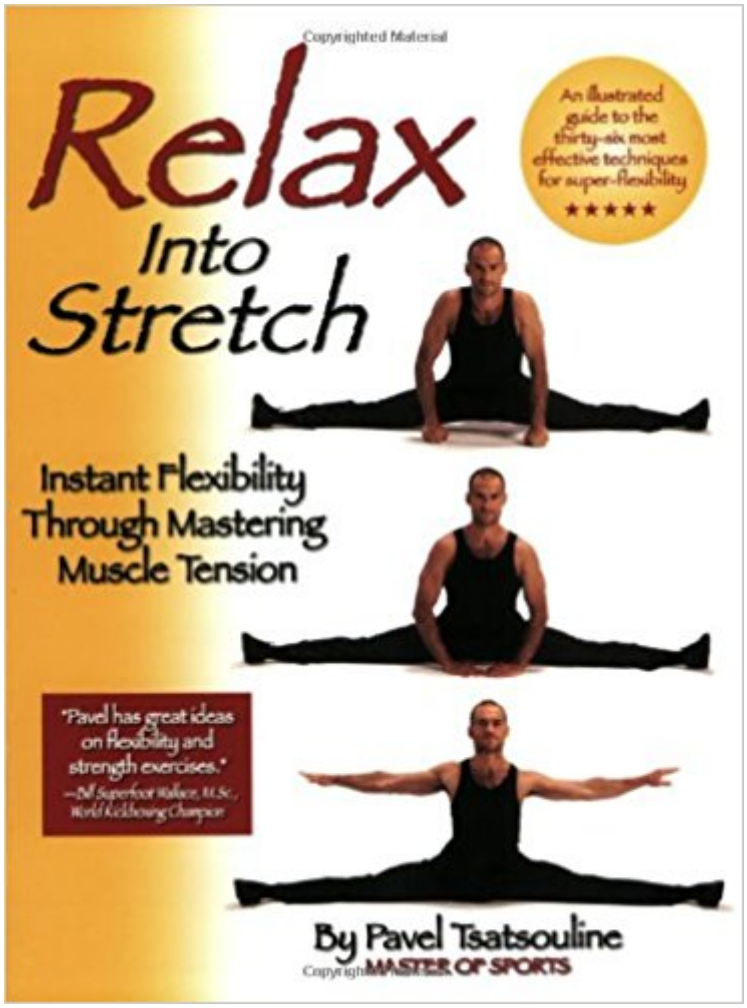
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# Relax Into Stretch : Instant Flexibility Through Mastering Muscle Tension




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## Synopsis

Conventional stretching attempts to literally elongate your tissues, which is dangerous and ineffective. Relax into Stretch simply teaches your muscles to relax into a stretch. If you compare traditional training to a messy hardware reorganization, then Relax into Stretch is an efficient software upgrade.While stretching tissues may take years, changes in the nervous system are immediate! Your muscles will start noticeably elongating from your first Relax into Stretch practice-and within months you will have achieved a level of flexibility uncommon in our species.-Pavel Tsatsouline. Own an illustrated guide to the thirty-six most effective techniques for super-flexibility. How the secret of mastering your emotions can add immediate inches to your stretch. How to wait out your tension-the surprising key to greater mobility and a better stretch. How to fool your reflexes into giving you all the stretch you want. Why contract-relax stretching is 267% more effective than conventional relaxed stretching. How to breathe your way to greater flexibility. Using the Russian technique of Forced Relaxation as your ultimate stretching weapon. How to stretch when injured-faster, safer ways to heal. Young, old, male, female-learn what stretches are best for you and what stretches to avoid. Why excessive flexibility can be detrimental to athletic performance-and how to determine your real flexibility needs.Plateau-busting strategies for the chronically inflexible

## Book Information

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## Customer Reviews

Pavel Tsatsouline, is a former Soviet Special Forces physical training instructor, who helped Dragon Door Publications initiate the modern kettlebell movement.

Overall I think this book is great. The reason it doesn’t get five stars is for the lack of a program summary. In Enter the Kettlebell there was a very useful program summary on page 150 and 151. There is not quite as concise of a summary in this book. With that said I just wrote my own summary to condense chapter 4 into a one page template for myself.I haven’t been doing this program long enough to make a definite judgement on it, but I like it so far. The two week blocks keep things fresh. I like the exercise choices. I have gained some muscle already and I am not new to kettlebells or heavy lifting.That brings up another point. There are lots of muscle building programs out there. Many of them work. I personally enjoy using kettlebells. That I think is really what sets this program apart. The fun and demanding kettlebell exercises in a solid program to build strength and muscle. There are only a couple of other books that offer such good programming for kettlebells. I definitely recommend this book to anyone that has done Enter the Kettlebell and is looking for another program to move on to.

Pavel is an excellent Instructor. This book covers all areas of kettlebell instruction. It has many of the newest moves in the book. He helps you get the hand position, form & footwork of each move down completely for each movement before moving to the next. With practice the moves become more and more explosive. The correct training makes all the difference!I have trained with the Kettlebell for a number of years. Remember you need to get the basic training before this book can provide its wealth of information. Get the basic & the book will guide your way at that point.I think you’ll find our answers in "Return of the Kettlebell"!Jim deSmetBothell, WA

Highly recommend this book to gain an understanding on how your muscles work into the stretch. I refer to this book often when helping people heal some muscle related pain.

In my opinion, the gold standard for double kettlebell strength training. When it comes to kettlebells, I know of no greater authority than Pavel. This is not a book for kettlebell beginners, though. Start with The Russian Kettlebell Challenge, then get Enter The Kettlebell. Master those, and if you want even greater strength and cardio challenge, get this book. Excellent!

Best book on stretching

Some very interesting stuff. The author has quite a sense of humor! But he spends too much time referring the reader to some one or another of his other books for more information on points that I

thought should have been better clarified in this book. So I got a sense of incompleteness and of being marketed to. I would have liked more information and less attitude i.e. "I know what I'm talking about, just do what I say, or not, I don't really care."

This is the clearest, most concise, and most sensible information that I have come across on the topic of increasing flexibility. I have incorporated the techniques into my exercise program and have realized immediate gains in my confidence and ability to move farther into extended positions. The techniques are very simple, yet very specific, so I would encourage those who wish to buy the book, to read carefully and follow the instructions just as they are outlined in the book. You then should see quick and significant gains in your flexibility.

Great book ..and the only book you need... this crossfit stuff is b.s. and all about vanity this book tells you the barebones information that you need in order to not hurt yourself. kettlebells are cool and fun... and will kick your ass if you do it...however baby steps....don't write any checks that your ass can't cash....take it slow and read Pavel he won't let you down.

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