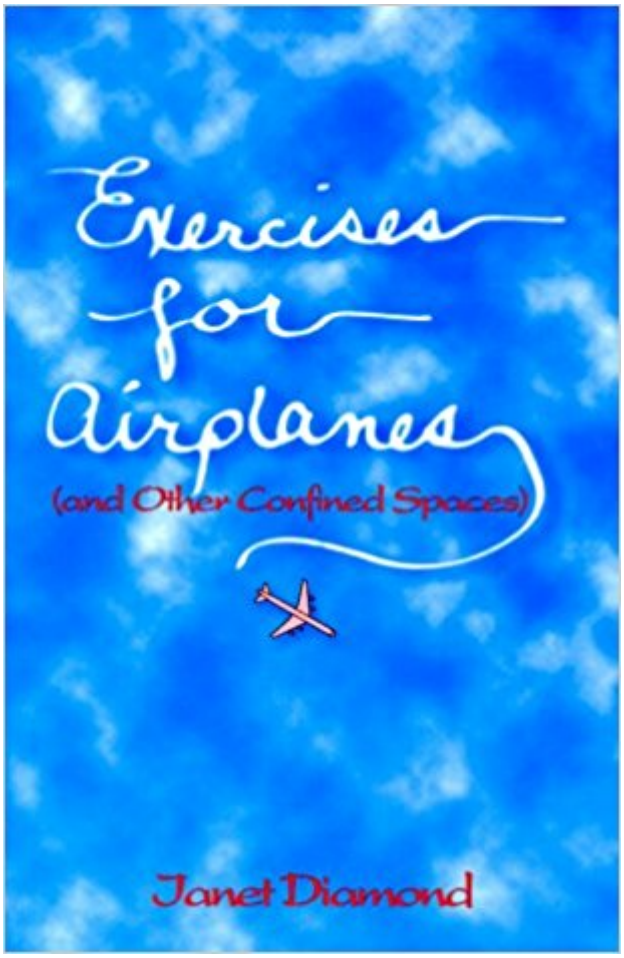
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Exercises For Airplanes: And Other Confined Spaces



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Synopsis

Book by Diamond, Janet

Book Information

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Customer Reviews

A quick perusal of this slim guide to exercising when spatially challenged discloses a decided dependence on old-fashioned isometrics. Desirous that others not suffer the fate of Dan Quayle--pulmonary embolism--by sitting cross-legged on planes too much, Diamond revives the revered exercise regimen of yesteryear and upgrades its presentation in the process. She not only makes her book commuter-specific but also adds sections on visualization and on "alternative" remedies to common air-travel maladies such as jet lag, sinus problems, and fear of flying. And she imaginatively explains how individual isometric exercises work on the body (e.g., "Imagine the pelvis as the rim of an ice cream cone . . . watch a cherry at the level of the bottom of the rib cage"). What else could today’s health-concerned air commuter ask for in a handy, freshly composed book of, well, isometrics? Mike Tribby

Airplanes are very cramped and the flights are long. It is hard to get comfortable. These exercises help relieve some of the stress and tension of being in a confined space. It helps with circulation from sitting so long. I would recommend this book for frequent fliers.

There were a few good tips and tricks to overcoming jet lag, moving your legs around while flying, helping out those cramps during long flights, and basic exercises.... but if you are a road warrior,

this isn't the book for you.I love the way the author makes out exercises that are for specific commuters (comes in handy whether flying or railing!). But sometimes the way she describes the exercises was like reading a novel instead of an exercise book. The diagrams were very helpful.

in my younger year I was a weightlifter and love the feeling of being strong and fit.back than a great strenght building exercisecame call Isometrics its fast and get good ressults in a very short time.Janet Diamond book is good for those seeking a fast exercises routine.but I would strongly recommend building a Isometric Rack! and do a whole body workout 6 days per week.you wont hurt yourself or build big muscle mass,but will build great body strength and good muscle tone!I am 57 years old,cannot do lifting big barbells so I now do Isometrics everday and feel strong as lion,try it!

I, Janet Diamond, am the sole author of this book. Zipora Schulz, is merely the illustrator, and Janet D. Amond does not exist. Thank you for correcting this error. Janet Diamond

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