

The Complete Guide to Stretching is the definitive practical handbook for: - sports participants and recreational exercisers who are eager to increase flexibility to 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 - sport and exercise therapists who use stretching as an important part of a balanced rehabilitation program. A reasonable level of flexibility is essential to the healthy functioning of joints and muscles, which in turn facilitates performance and reduces the risk of injury. Now in its fourth edition, The Complete Guide to Stretching provides an accessible overview of the scientific principles that underpin this form of training and offers more than seventy exercises designed to safely increase range of motion across the body. Full-color photographs demonstrate the stretches throughout.

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