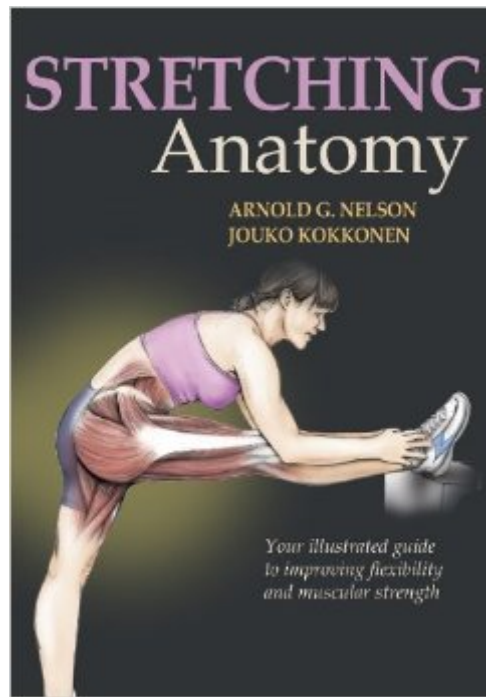


The book was found

Stretching Anatomy



Synopsis

See inside every stretch and maximize flexibility! Stretching Anatomy will arm you with the knowledge to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement. You'll also gain a detailed understanding of how each stretch affects your body. Stretching Anatomy is like having an X-ray of each stretch, only better. Not only do you see full-color illustrations of the muscles in action, but you also find out how changes in position can alter the muscle emphasis and difficulty and how variations can improve safety and effectiveness. Each exercise includes detailed instruction on how to stretch, when to stretch, primary and secondary muscle emphasis, and which muscles are activated for support. Stretching programs provide three levels of difficulty, including light stretching that can be used as a warm-up or to aid in recovery from soreness or injury. And summary movement tables show how to customize stretching programs to focus on key problem areas. Whether it is increased flexibility or reduced muscle soreness or tension, Stretching Anatomy allows you to see and feel the benefit of proper stretching technique.

Book Information

Paperback: 147 pages

Publisher: Human Kinetics; 1 edition (November 16, 2006)

Language: English

ISBN-10: 0736059725

ISBN-13: 978-0736059725

Product Dimensions: 7 x 0.3 x 10 inches

Shipping Weight: 13.8 ounces

Average Customer Review: 4.3 out of 5 stars See all reviews (130 customer reviews)

Best Sellers Rank: #416,363 in Books (See Top 100 in Books) #66 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #368 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #642 in Books > Medical Books > Basic Sciences > Anatomy

Customer Reviews

Stretching Anatomy has lovely color illustrations of men and women performing the different stretches. The chapters are uncomplicated and it is easy to quickly reference all of the muscles and their actions. I really like the chapters on Arms, wrists and hands and also knees and thighs. Every illustrated stretch has a box beneath with a detailed color picture of the anatomy, all muscles are labeled clearly. You can quickly sort out any confusion you may have between similar sounding

muscles. I get my Teres Major and minor muscles mixed up for example or my Flexor carpi radialis brevis and longus. A quick look in this book will set you straight in a short space of time. Generally 2 pages are dedicated to each stretch, one page has the illustrations the other page has three short paragraphs, no more than several lines in each paragraph though. "Technique", "Muscles stretched" (most stretched and least stretched), and "Commentary" which gives you modifications, variations and various tips on deepening the stretch. The information is very brief. If you need more detail on muscles involved, or origins and insertions, this is not the book for you, explanations are limited to muscle action and pictures. This is a very nice, simple and uncomplicated book, if you want a little more detail I would suggest spending around \$5 more and getting "The anatomy of stretching" by Brad Walker (very similar titles) or at least review both books before buying to see which suits you best. At the end of each chapter of "Stretching Anatomy" all muscles are listed down the left side of the page and the actions across the top of the page. Ticks symbols show the action of each muscle.

[Download to continue reading...](#)

Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body Back
Stretching - Back Strengthening And Stretching Exercises For Everyone RUNNING: STRETCHING:
Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength)
Stretching Anatomy-2nd Edition Stretching Anatomy Anatomy of Stretching (Anatomies of) Anatomy
and 100 Stretching Exercises for Runners The Anatomy of Stretching, Second Edition: Your
Illustrated Guide to Flexibility and Injury Rehabilitation Human Anatomy & Physiology (9th Edition)
(Marieb, Human Anatomy & Physiology) Human Anatomy & Physiology Laboratory Manual, Fetal
Pig Version (12th Edition) (Marieb & Hoehn Human Anatomy & Physiology Lab Manuals) Anatomy
& Physiology: The Unity of Form and Function: Anatomy & Physiology: The Unity of Form and
Function Clinically Oriented Anatomy 6th Edition Testbank: Testbank Questions for the book
Clinically Oriented Anatomy 6th Edition McMinn's Clinical Atlas of Human Anatomy with DVD, 6e
(McMinn's Clinical Atls of Human Anatomy) Strength Training Anatomy Workout II, The (The
Strength Training Anatomy Workout) Cycling Anatomy (Sports Anatomy) Heal Pelvic Pain: The
Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, & I.B.S,
and Other Symptoms Without Surgery Stretching at Your Computer or Desk Stretching: 30th
Anniversary Edition The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight
Training, Cardio, Core & Stretching The Whartons' Stretch Book: Featuring the Breakthrough
Method of Active-Isolated Stretching

[Dmca](#)