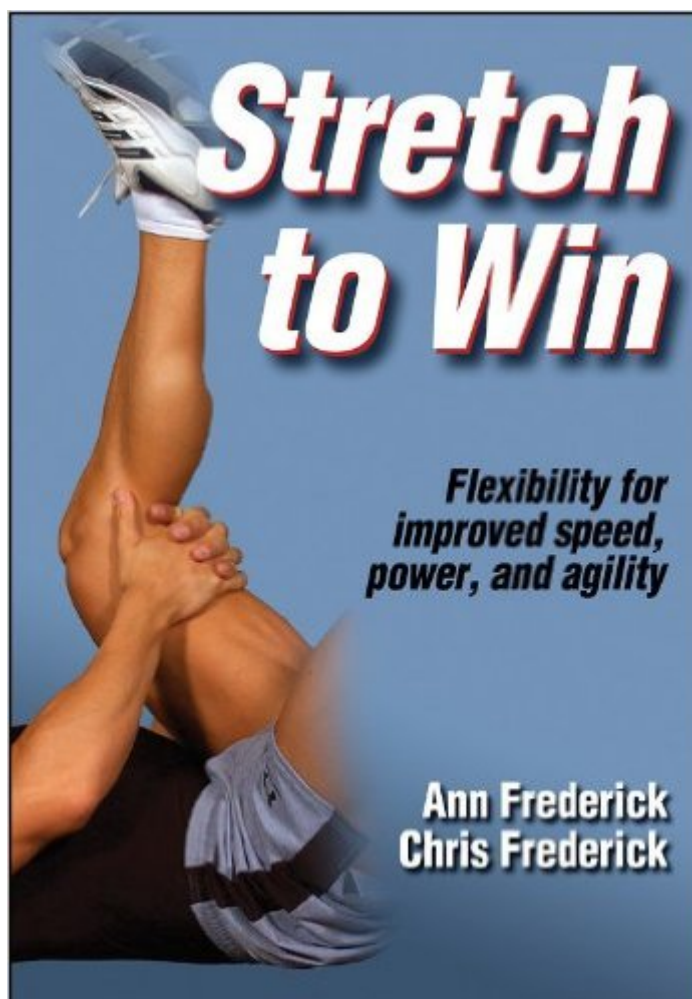


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# Stretch To Win



## Synopsis

Leave the old static stretches, muscle tightness, and movement restrictions behind. *Stretch to Win* presents a complete flexibility training system—a proven winner for today's athlete. This is the new way to both loosen up and perform your best. Learn the dynamic exercise techniques that most closely represent the movements and loads that will be required of your body on the court, field, course, track, or mat or in the water. After you complete a simple self-evaluation, a special science-based stretching matrix enables you to tailor a program specifically for your body, your sport, your position, or your event. Authors Ann and Chris Frederick have trained many elite and aspiring athletes to achieve optimal muscle and joint function. Now you can stretch to win and enjoy the same results champions in all sports have achieved through this modern, customized flexibility training program. v

## Book Information

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## Customer Reviews

I see this as a later generation book about stretching compared to such books as (the highly recommended) Thomas Kurz' 'Stretching Scientifically', Pavel's 'Relax Into Stretch', 'Stretching Anatomy' and 'Ultimate Flexibility'. What the book opened up for me was the need to get beyond stretching linearly, even when using advanced forms of isometric stretching, and work the body in 3 dimensions. It also introduced the work of Thomas Myers (Anatomy Trains) whose ideas on the fascia was a big influence on the authors. Prior to reading this book, when I wrote a rollup of what I'd learned about flexibility training I came up with the following... 1. Increasing strength and flexibility is relatively easy. However, most people are hampered by the wrong approach. (See e.g. McGuff, Body By Science, and Kurz). 2. Flexibility and strength are two sides of the same coin and should

be considered together. Proper strength training, which takes movement through a full ROM, enhances flexibility. "When in doubt, strengthen." 3. Intense stretching aimed at improving flexibility should be treated as a form of strength training and should include a full recovery period. Twice, or even once a week, is adequate for most people. 4. Warm ups and stretching are two different things. Intense static stretches do not prevent injury and in fact can indirectly lead to injury in the next phase of activity if used as a warm up. Intense static stretches should not be part of a warm up routine. 5. The surest and safest way to increase flexibility is to learn the advanced versions of static, isometric stretching (PNF, CR and CRAC techniques). Isometric stretching builds strength in the extended position while improving flexibility. 6.

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