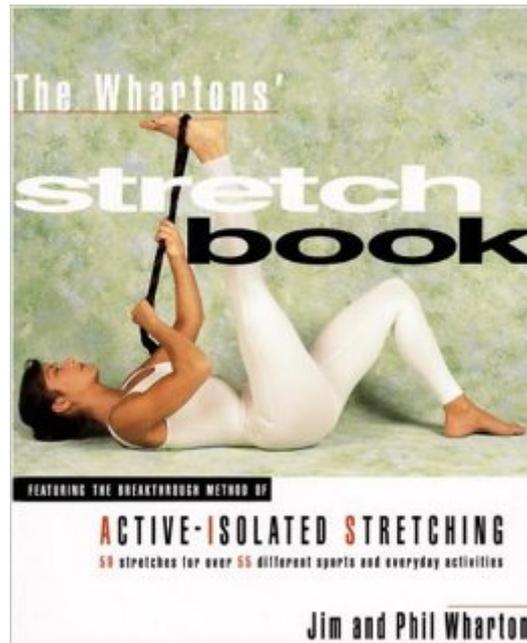


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# The Whartons' Stretch Book: Featuring The Breakthrough Method Of Active-Isolated Stretching



## Synopsis

Whether you're a serious competitor or weekend warrior, you know that proper stretching before and after your workout can improve your performance, increase your flexibility, help prevent injury, and make you feel better. But did you know that the traditional way of stretching -- lock your knees, bounce, hold, hurt, hold longer -- actually makes muscles tighter and more prone to injury? There's a new and better way to stretch: Active-Isolated Stretching. And with *The Whartons' Stretch Book*, the method used successfully by scores of professional, amateur, and Olympic athletes is now available to everyone. This groundbreaking technique, developed by researchers, coaches, and trainers, and pioneered by Jim and Phil Wharton, is your new exercise prescription. The routine is simple: First, you prepare to stretch one isolated muscle at a time. Then you actively contract the muscle opposite the isolated muscle, which will then relax in preparation for its stretch. You stretch it gently and quickly -- for no more than two seconds -- and release it before it goes into its protective contraction. Then you repeat. Simple, but the results are outstanding. *The Whartons' Stretch Book* explains it all. Part I contains the Active-Isolated Stretch Catalog, with fully illustrated, easy-to-follow stretches for each of five body zones, from neck and shoulders to trunk, arms, and legs -- over fifty stretches in all. Part II offers specific stretching prescriptions for over fifty-five sports and activities, from running, tennis, track, and aerobics to skiing, skating, and swimming. You'll also find advice on stretching for daily activities such as driving, working at a desk, lifting, and keyboarding. Part III discusses stretching for life, with specific recommendations for expectant mothers and older athletes. It also includes specific stretching exercises that could help you avoid unnecessary surgery. Give Active-Isolated Stretching a try for three weeks. You'll never go back to your old stretching routines again.

## Book Information

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## Customer Reviews

About two months ago I started to research new stretching methods. I had injured myself numerous times on several occasions during the previous 5 months, and I recognized that I desperately needed to change how I worked out in general. Up until that point, I had done weight training and running off and on for about 6 years. I decided to pay attention to a previously neglected part of my training, that of stretching. I ended up running across the method of active isolated stretching, and eventually settled on this book in order to learn how the method worked. Let me say that first and foremost IT WORKS. You don't hurt yourself, you can actually watch your body make flexibility gains while you stretch, something that I NEVER experienced to the same degree in all my previous years of stretching. The addition of the rope is essential: not only does it make the stretches possible, it also supports the leg and makes sane, reasonable stretching a possibility. When I finished my first day of stretching, I felt like someone had handed me a new pair of legs. All my previous methods left me legs feeling like they were ripped apart (my muscles probably were), whereas I now felt fresh and ready to spring into action. It really has given me a new body, and a lot of energy. I prefer it to yoga, and I do the trunk stretches every day. Having applauded their work, there were a few cons. Figuring out the stretches was somewhat difficult: it was like trying to figure out how to work your new VCR. After a lot of picking your brain, eventually you understand all the subtleties within each stretch. Furthermore, it is ESSENTIAL to memorize all of the different muscle groups in the body. Only when you know where your muscles are will you be able to stretch properly.

While I agree with the authors' approach to stretching and flexibility, this book is really aimed at advanced athletes who already have a good degree of flexibility. My three distinct criticisms are as follows: first, the authors state that most of the workouts can be performed in 20 minutes after a short learning curve of about three weeks. In reality, the program I use - body building, consists of 49 to 50 exercises, takes about 34 minutes [50 exercises x 2 sides x 2 seconds contraction/stretch x 10 reps = 2000 seconds or 33.3 minutes] and that would be non-stop with no allowance for set-up into the next set. The ACTUAL time from start to finish is almost 1 hour - hardly convenient. Second, the book never mentions the resting period between exercises. Third, the drawings are generally poor representation of the progression of each exercise AND the clock face is often not in

agreement with the perspective of the body position. A final criticism has to do with the initial self-test. My home, and I imagine most others, are not set up with the type of floor level mirrors to evaluate the clock position. Also, even a floor mirror such as on a closet door require the athlete to pull out of position or lock into a difficult position in order to view the relative clock position (degree of flex). This defeats the exercise completely. Case in point, trying to view the seated torso rotations. The position calls for the chin to be tucked into the chest during the flexion sets. You cannot do this and look up into a mirror at the same time - severely limiting the accuracy of the test. To summarize, a valuable concept, poorly presented. I would suggest at a minimum black & white model photos - not line drawings.

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