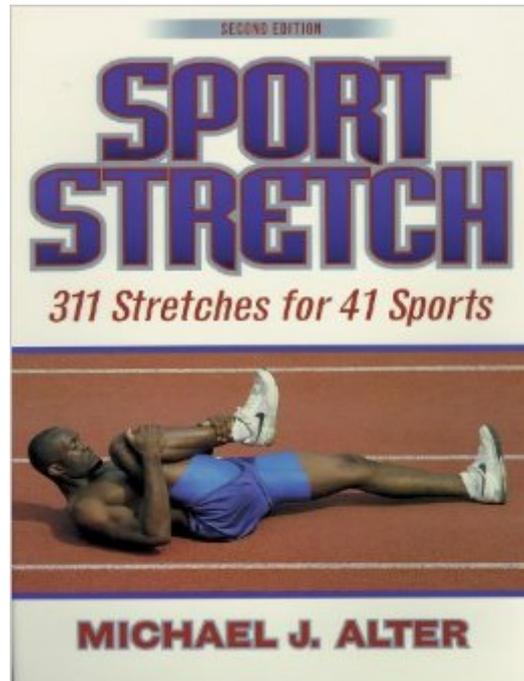


The book was found

# Sport Stretch, 2nd Edition: 311 Stretches For 41 Sports



## Synopsis

" This new edition of Sport Stretch is a complete guide to flexibility for both weekend warriors and elite competitors. It features more stretches than the first edition, a new user-friendly layout, and more background information on the hows and whys of stretching. The centerpieces of this comprehensive book are its illustrations and step-by-step guidelines for 311 different stretches. The stretches can be used individually or grouped with other stretches to form a personalized flexibility program. Athletes looking to use the stretches to improve performance in a specific sport will love the book's Stretching Program section. It's full of handy tables that detail the most effective exercises for individual sports. There are sample programs for 41 sports in all! Sport Stretch also provides a selection of "All Star" stretches. These include the single best stretches for 28 muscle groups and the 12 best stretches overall. The exercises are perfect to use for warming up and cooling down. For those who are looking for background information on flexibility, this book explains the basic principles of stretching and describes how the body responds during stretching. Readers will discover what causes muscle soreness, how increased flexibility translates directly into better performance and lessens the chances of injury, and more. Sport Stretch has everything athletes need to limber up and play their best. It takes the guesswork out of stretching by providing 311 exercises for 41 sports. "

## Book Information

Paperback: 232 pages

Publisher: Human Kinetics; 2nd edition (September 17, 1997)

Language: English

ISBN-10: 0880118237

ISBN-13: 978-0880118231

Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (23 customer reviews)

Best Sellers Rank: #718,027 in Books (See Top 100 in Books) #91 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #602 in [Books > Health, Fitness & Dieting > Alternative Medicine > Massage](#) #616 in [Books > Medical Books > Medicine > Sports Medicine](#)

## Customer Reviews

I am a certified personal trainer, athlete, medical massage practitioner and I teach anatomy/physiology, so I review this book with some authority. The opening chapters explain quite

nicely the scientific rationale for, and benefits of, stretching for those who prefer to have a technical basis for what they do. You'll find great variety here and many unique stretches I've not seen in similar books. To address some of the negative reviews: Nowhere does the author recommend performing dangerous stretches or techniques beyond the abilities of the reader. Some advanced stretches are presented for informational purposes but with the caveat that these are for VERY specific applications and should be attempted ONLY if you do not have contraindicated conditions. To quote the book: "There is generally no such thing as an unsafe stretch or exercise: only an unsafe way of executing any movement for a specific individual at a specific time". In other words, everyone is different and the reader should use good judgment in their choices. Some people will take very "safe" stretches and get injured by using sloppy form or not training within their abilities while others can perform "dangerous" stretches very safely by proceeding slowly, deliberately and realistically training within their own physical limitations. Some reviewers purport that 2 or 3 stretches are all that you need and the author is fooling you with many "goofy" stretches. Ridiculous! Can a carpenter build a house with only a hammer and level? NO! If two good stretches were all you needed for each muscle, then the book would simply be entitled, "Two Stretches That Work For Every Person and Sport". Personally, I like that the author has provided a huge amount of variety.

I'm a former couch potato who started doing Tae Bo and cardio kickboxing almost two years ago. I recently added yoga to my routine for flexibility, and pilates for strength and control, but found that I needed more. In particular, I wanted greater flexibility in my adductor muscles so that I could kick higher and with increased control. I found that I was also having some knee problems. So I checked out every book that my local library had on stretching and flexibility; out of the dozen or so books I looked at, I liked three of them, including "Sport Stretch," well enough that I purchased my own copies. "Sport Stretch" begins with a discussion of flexibility, then launches into descriptions of 311 different stretches. Most of these consist of a single illustration with a few bulleted instructions. The stretches themselves are arranged into chapters based on muscle groups, including feet and ankles, lower legs, hamstrings, adductors, quadriceps, hips and gluteals, lower torso, upper back, neck, pectorals, shoulders, and arms and wrists. Additionally, the author includes an index at the beginning of the book that singles out stretches that are helpful for specific sports. One- to three-page sections are dedicated to each of the following: archery; baseball, softball, and cricket; basketball; bowling; cross-country skiing; cycling and triathlon; dance; diving; figure skating; football; golf; gymnastics; hiking and backpacking; ice hockey; in-line skating; jogging; lacrosse; martial arts; race walking; rowing, kayaking, and canoeing; sailing and windsurfing; skiing; soccer; squash;

swimming; table tennis; tennis, racquetball, and handball; track and field; volleyball; water skiing; weight lifting; and wrestling.

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

Sport Stretch, 2nd Edition: 311 Stretches for 41 Sports Sports Betting: Tools, Strategies, and Principles Behind Winning Sport Predictions: Sports Investing and Making Money in NBA, NFL, NCAA, Football and Basketball ... Sports Wagering, NFL Betting, NBA Betting) 311 Pelican Court (A Cedar Cove Novel) Introduction to Sport Law With Case Studies in Sport Law 2nd Edition Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) Sports Betting for Beginners: How To Read The Sports Odds So You Can Turn A Few Dollars Into Big Winnings With Sports Betting! Sports Illustrated Almanac 2015 (Sports Illustrated Sports Almanac) Olympic Sports - When and How? : History of Olympic Sports Then, Now And Beyond: Olympic Books for Kids (Children's Olympic Sports Books) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) NYC Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body Lovers' Yoga: Soothing Stretches for Two Travel Yoga: Stretches for Planes, Trains, Automobiles, and More! Office Yoga: Simple Stretches for Busy People Stretch Out Strap Pilates Essentials 2nd Ed (8216) The Physical Educator's Big Book of Sport Lead-Up Games: A complete K-8 sourcebook of team and lifetime sport activities for skill development, fitness and fun! Sport and the Law: Historical and Cultural Intersections (Sport, Culture & Society) Sport in the Making of Celtic Culture (Sport and Nation) Game Faces: Sport Celebrity and the Laws of Reputation (Sport and Society) Female Gladiators: Gender, Law, and Contact Sport in America (Sport and Society) Science of Sport: Squash (The Science of Sport)

[Dmca](#)