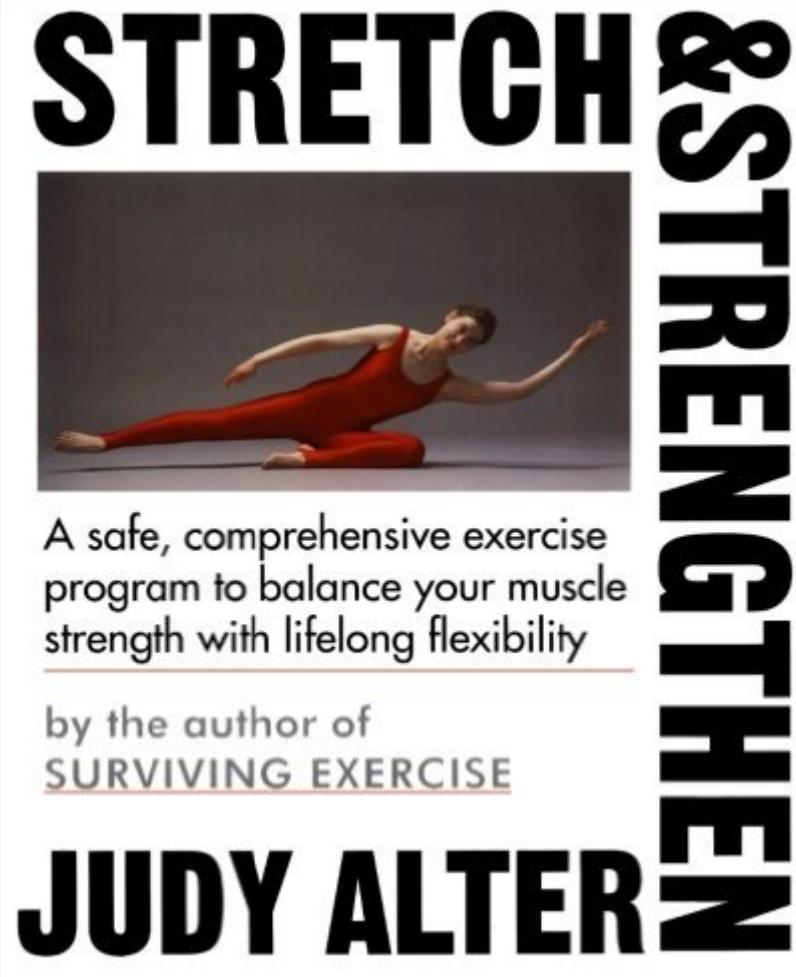


The book was found

Stretch And Strengthen



STRETCH & STRENGTHEN



A safe, comprehensive exercise program to balance your muscle strength with lifelong flexibility

by the author of
[SURVIVING EXERCISE](#)

JUDY ALTER



Synopsis

An exercise book with a difference, STRETCH AND STRENGTHEN features 100 exercises, fully illustrated, which apply the invaluable system introduced in SURVIVING EXERCISE. Soundly based on exercise philosophy and on new discoveries in kinesiology and sports medicine, the book fits the individual needs of everyone who exercises, from sedentary beginner to professional athlete.

Book Information

Paperback: 240 pages

Publisher: Mariner Books; Reissue edition (February 25, 1992)

Language: English

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Product Dimensions: 7.5 x 0.6 x 9.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 25 customer reviews

Best Sellers Rank: #755,349 in Books (See Top 100 in Books) #98 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching

Customer Reviews

"Useful to everyone concerned with their physical well-being." -- Bill Rodgers

No Bio

I should have written this review several years ago. I was having problems with arthritis in my wrist/thumb joint and could barely lift a cup of coffee, let alone do anything requiring strength. I was sure I would need surgery just like my sister had done. I got this book, faithfully did the recommended exercises, and at least 5 years later am pain free and have full range of motion. A miracle! I still do the exercises, sometimes when I'm sitting and reading, sometimes driving the car. I cannot say enough for the help I got in this book. Easy to follow, simple exercises, but they only work if you do them. My sincere thanks to the author!!!

"Stretch & Strengthen," Offered me comprehensive methods to stretch any part of my body. I am a weightlifter, and I bought this book primarily to help me with shoulder and leg flexibility for squatting and shoulder presses. The book offered me numerous methods to help, and my legs have become

flexible enough to allow my squat form to become perfected. However, I should say that one should take things slowly. I mistakenly jumped up to the routine "for dancers and professional athletes," and after only a few stretches I had torn my rotator cuff. I'm still rehabilitating it and it will probably take about a month to heal. Don't let this keep you from buying the book though. I didn't read the introduction and made the mistake of trying to stretch through pain when the introduction clearly says I should have stopped. I thought that once I loosened up the pain would be gone, but really the pain was not from tightness it was from tearing. So be careful.

This is a great toolkit for anyone who doesn't stretch enough. My tip is to read the book and pick out the stretches that you feel work best for you and incorporate them into your routine. Some of them I found a little hard to do, but maybe that's just me. For anyone who's looking to improve their flexibility, I can recommend this book.

The book description is misleading. It says that "the book fits the individual needs of everyone who exercises, from sedentary beginner to professional athlete", but actually the exercises/ programs described are good for abnormally weak or rehabilitating people only. It becomes evident only when you look at the exercises suggested. The book's description emphasizes explanations of anatomy of exercises (so that you understand what you are doing), but this is also done on the "pre-school level". Skim through the book on before buying, see the pictures of the exercises. I bought it sheerly based on the average review scoring, and now regret. My rating of the book based on the fact that the name of the book is misleading - it does not show that it's targeted for a very limited audience. Please notice that most positive reviews for this book are from people who used it for rehabilitation - and maybe for this purpose it is really alright. I also bought two other books addressing the subject" " " which I found to be very good, maybe they can be interesting for you too. The book "Stronger Abs and back", though narrowed to the subjects mentioned in its title, is very good. It emphasizes "strengthen" part with enough exercises with pictures and description how to perform them, but also gives good suggestions and illustrations/explanations on stretching exercises for "warm up"/"cool down". A very good book for stretching is "Stretching, 20th Anniversary Revised Edition". Go see the description reviews. The most comprehensive book on stretching I've seen.

I really liked the way every position was drawn out and sketched to give the reader a visual of how to perform the exercises

This was recommended by a friend and it is very good. Easy to follow index and instructions. You are able to find what part of your body is hurting, the type of hurt, and use their exercise(s) to pinpoint the aid.

Yes, its an old book, yes, it doesn't look like anything modern, however, the stretches and the exercises WORK. it has very clear explanations and there is no reason for the book not to work for you if you follow instructions to the letter.

Good, safe, practical exercises. Sometimes I put a copy in my suitcase for hotel-room inspiration.

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