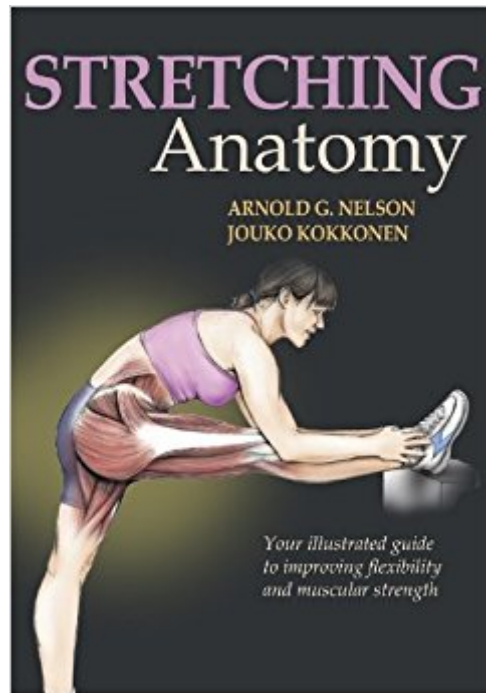




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Stretching Anatomy



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

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

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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.

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