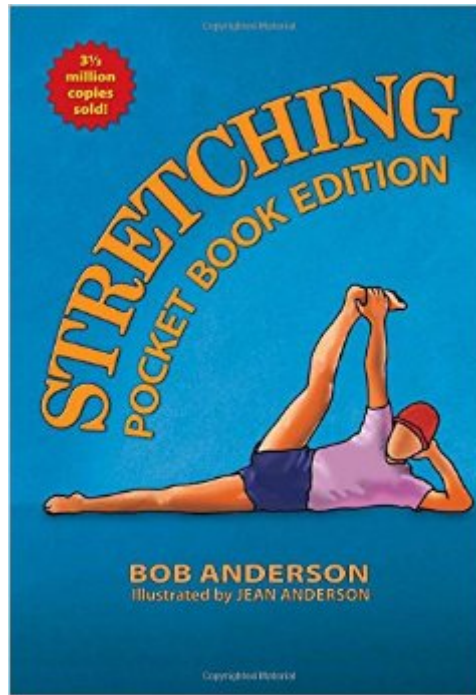


The book was found

Stretching: Pocket Book Edition



Synopsis

Stretching has been selling steadily for over 30 years. The genius in the book is the use of clear line drawings to which readers relate (as opposed to photos). There are two main sections: "The Stretches," with bulleted instructions for each stretch; and "The Routines," for everyday activities, for the office, for sports, and for specific body parts, with page number references to the instructions for each stretch. The main part of the book is identical to the original. Stretching is a gentle, simple activity that can be done by anyone, anywhere, at any time.

Book Information

Paperback: 224 pages

Publisher: Shelter Publications; 1 Poc edition (May 5, 2015)

Language: English

ISBN-10: 0936070641

ISBN-13: 978-0936070643

Product Dimensions: 5 x 0.7 x 7.1 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #61,448 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#)

Customer Reviews

1. Pocket Stretching Book is a perfect size for my gym bag. I put it in a zip lock bag to keep it nice. 2. My brother is a Chiropractor and he gave me the larger version over twenty years ago. 3. I used it so much, that years later I had to take it to an office supply store to have them hole punch and add a plastic binder down the spine of the book. I actually liked it better because it laid out flat. 4. My Physical Therapist was very impressed with this book and its size. 5. She was able to tag the stretches that were perfect for my situation/injury. 6. Thank you Bob Anderson for your simple to follow stretching books!

5/26/16 Fast shipping, nothing damaged. Great great book for me. I recently started doing yoga and come to find out I'm not all as flexible as I thought when doing some poses. I got this to help with my flexibility and stretching. Great for me. I would buy again.

It is not difficult to understand why this has a cult following. This book packs a whole lot of

information and easy-to-follow diagrams on just about every stretch you could imagine. Very useful and user-friendly.

I bought the original book years ago for various sports stretches. This book updates that version in an easy to use condensed form that fits nicely on a coffee table without taking up too much space.

Excellent book. Easy to use and a convenient size. I can just toss it into my gym bag and carry it with me. The illustrations make it easy to see which muscles are involved in the stretches. I ended up giving the book to my trainer as a gift as he is really helpful and kind. I'm planning to buy another one for me!

Love that this is like the main book but in a compact version so I can take it with me when I travel. Before I found this, I would copy pages from the main book and shove them in my suitcase. It contains all the stretching reminders I need to help keep my aching low back, neck, and sciatica from flaring up too badly.

Great book, exactly what I was looking for. I love the compact size- I can keep it in my medical bag and whip it out to show patients stretches whenever I need to.

A bit larger than I'd expected, but a wonderful book, nonetheless.

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

Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body Back
Stretching - Back Strengthening And Stretching Exercises For Everyone RUNNING: STRETCHING:
Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength)
Stretching: Pocket Book Edition Tarascon Pocket Pharmacopoeia 2010 Deluxe Lab-Coat Edition
(Tarascon Pocket Pharmacopoeia: Deluxe Lab-Coat Pocket) The Whartons' Stretch Book:
Featuring the Breakthrough Method of Active-Isolated Stretching Newnes Power PC Programming
Pocket Book (Newnes Pocket Books) Pocket Constitution of the United States of America:
Unabridged, Unannotated (Pocket Classics Book 1) Willie Mosconi On Pocket Billiards: The Classic
Book on the Game by the Legendary "King" of Pocket Billiards (Little Sports Library) Stretching
Anatomy-2nd Edition Stretching: 30th Anniversary Edition Facilitated Stretching-4th Edition With
Online Video Facilitated Stretching, Fourth Edition (Enhanced Version) Facilitated Stretching - 3rd
Edition The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury

Rehabilitation Stretching, 20th Anniversary Revised Edition MCPE Seeds: Top 50 Ultimate
Minecraft Pocket Edition Seeds You Must Explore! For Versions 0.14.0, 0.13.0 Pics Included
(Minecraft Pocket Edition Seeds, ... Seeds Free, Free Minecraft Books,) Minecraft Seeds: Top 30
Seeds for Pocket Edition ((+ Gift Inside) , Minecraft Seeds Handbook ,Minecraft Seeds for Pocket
Edition , Minecraft PE Seeds , Minecraft for xbox 360 , Minecraft PC) Heal Pelvic Pain: The Proven
Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and
Other Symptoms Without Surgery Stretching at Your Computer or Desk

[Dmca](#)