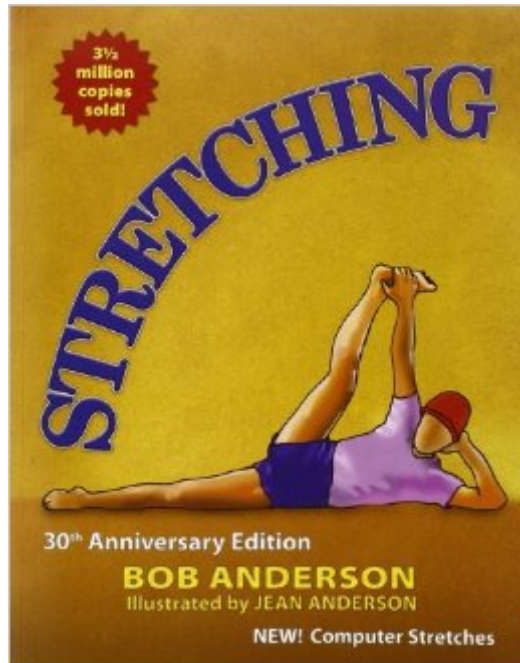


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# Stretching: 30th Anniversary Edition



## Synopsis

This is the book that people tell their friends about, that trainers suggest for virtually every sport and activity, and that medical professionals recommend to people just starting to get back in shape. Stretching first appeared in 1980 as a new generation of Americans became committed to running, cycling, aerobic training, and workouts in the gym; all of which are commonplace now. It features stretching routines specific to a variety of people, including sports enthusiasts, travelers, children, gardeners, and people in wheelchairs. There is also an abbreviated version of each routine for people in a hurry, new information on the stretching vs. warming up debate, and new and improved drawings. This 30th anniversary edition features two-color inks to better define the muscle groups helped by each stretching exercise. A new section focuses on office fitness exercises, helpful for both home and office computer users.

## Book Information

Paperback: 240 pages

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Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (290 customer reviews)

Best Sellers Rank: #3,749 in Books (See Top 100 in Books) [#1 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#)

## Customer Reviews

I was hesitant to buy this book at first since I buy way too many books that I don't have time to read or to follow but this year having reached 40, I realized I couldn't bend as easily as I used to. Don't have much time to practice yoga any more and frankly hate reading 3 pages to do a simple sit up. The best thing I liked about this book is it has simple drawings or sketches (not pics. of individuals) which are very clear and the arrows showing direction of movement and crossed positions you are not supposed to do. I am a single mom who is working and going back to college and frankly after reading so much that includes helping my kid with his middle school, I really don't want to read too much to perform a stretch. By the way, I just got this book yesterday in mail and did upper body stretches since I was carrying too much tension on my shoulders, I felt relieved in just 6

minutes..Amazing..very simple stretches which everyone should do every day.

I highly recommend this new edition of an old standby. Anderson's update on the best ever book on stretching is amazing. I wasn't sure how they were going to improve on the original. (I've been using the first edition for years.) The illustrations are easier to follow with the two color format and the groupings for task/sport specific stretches is expanded. This is by far the best, most authoritative book on stretching ever written - Also the most easy to understand for the layman. This book would be a great gift for a chiropractor or phys-ed student or anyone who wishes to have and keep their body healthy and flexible.

I discovered this book on several resources for chronic pain as one of the best stretching books out there. This book breaks it down into several categories and has pictures that help you achieve the stretch you are trying to do. Some of the great things about this book: \*The section on "How to Stretch" is a must read. I learned things that I did not know before and the "correct" way to stretch. \*Describes what not to do and illustrates with pictures and vice versa \*Gives different variations of how to stretch for different activities (and shows them in the correct order to get the maximum benefit), for example: stretches for your back, for your hands, sitting stretches, gardening, stretches for kids, learning the splits, there is a whole section for stretches at the office, and for just about any sport you can think of. \*Resources and tips for caring for your back PNF stretching, body tools, recommended reading, and stretching prescriptions \*Extensive index that is very helpful

At sixty years young I decided to incorporate stretching exercises into my bike training program. Because Bob Anderson's "Stretching" was recommended in numerous books I had read, I acquired a copy and proceeded to use the exercises recommended for cycling. I perform the recommended cycling exercises each morning and find not only that my range of motion has improved but perhaps more importantly that muscle aches and pains are immediately re-mediated. I highly recommend Mr. Anderson's book.

I'm a physical therapy professional and I have utilized some of these stretches in the course of patient care from time to time. I bought my first copy back when I was a competitive athlete in what seems like a former lifetime and before I became a health care clinician. That copy is so old the center of the pages are yellowish brown and the outer edge of the pages were the same color brown as on the cover. I did notice some nice updates, What I particularly appreciate is the attention

to explaining proper body mechanics to prevent substitution, that is something I'm VERY particular about and I couldn't find fault with any of the instructions given. I recommend this book to my patients I feel would benefit from it.

My chiropractor recommended this book to me and I am glad that he did. It is an excellent resource of those of us who are getting along in years and stiffening up with age. I would suspect that it is also an excellent recourse of younger, more athletic individuals as well. Well written with decent illustrations, I would recommend this book to others.

I purchased this book after having borrowed an older version of it from a friend. This edition is updated, and even more wonderful than its' predecessor. It includes stretches for computer users. I love the way the author has broken the exercises down into categories of activities (sports) that people play. This book can help anyone; From the least active to the most active. The illustration is marvelous, and the explanations easy to understand. This book helps to make me more limber, and care for my back. I would recommend it to everyone! Athlete or couch potato, if you want to move better, buy it!

As many have written, a must have. I've had and used a copy of this book for over 15 years, and a friend saw it, mentioned that he wanted it. I bought a copy for his upcoming birthday, received the 30th Anniversary Edition, and, embarrassed to say, I'm keeping it for myself. This edition is a WONDERFUL upgrade, and even if you've had previous editions, the graphics and editing are well worth the money. There are stretches here for every level, and you can enjoy opening your body up a little at a time, or, if you are active, you can delight in new ways to prevent injury and enjoy this precious machine you're living in with flexibility and grace. Highest recommendations.

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