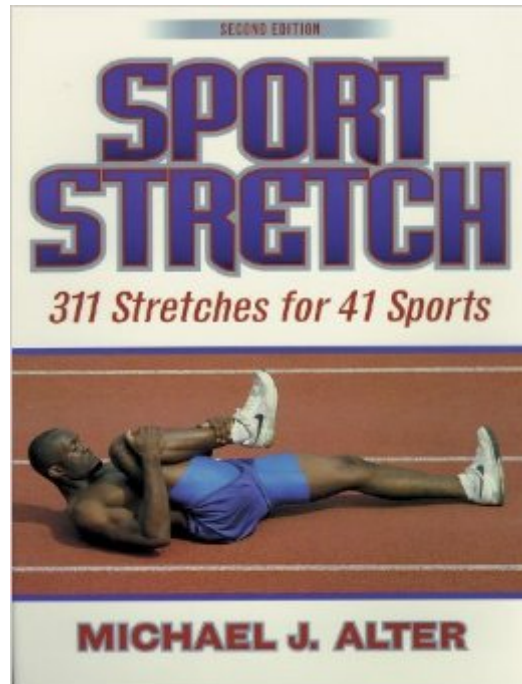


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# Sport Stretch, 2nd Edition: 311 Stretches For 41 Sports



## 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

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## 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.

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