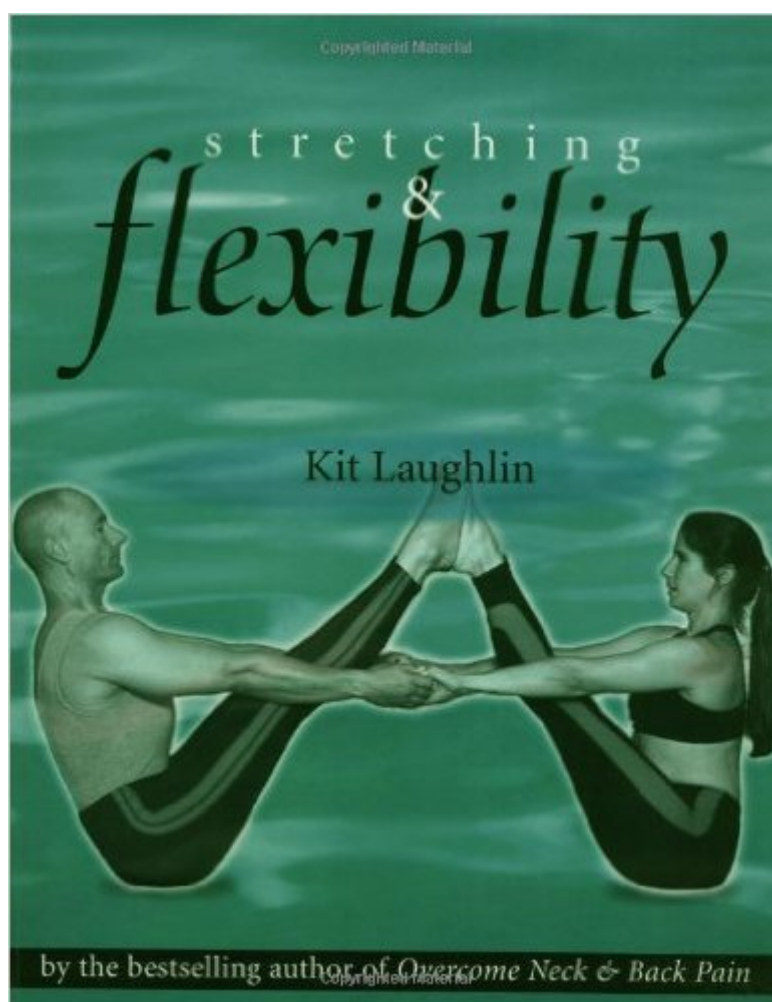


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# Stretching & Flexibility



## Synopsis

Everyone knows that stretching is good for you, for all sorts of reasons -- but the most important one is rarely mentioned. Stretching feels great to do and leaves you feeling wonderful. How to get the most out of this aspect of stretching is part of what the book is about. No matter whether you're an office worker wondering how to stretch that tight spot between your shoulders and neck or a martial artist wanting to do side-splits, this is the book for you. Or possibly you're a weekend athlete and you want to know how to get more whole-body rotation to improve your golf swing. Perhaps you've just finished gardening or the housework and you want to know how to relax your back. Or maybe you simply want to know what's the best way to stretch your hamstrings. Whatever your interest in stretching, this book will provide the techniques you need, from the easiest exercises to the most difficult. It is organised into 15 lessons, plus an 'unnumbered' one which you can do anytime to check your progress. The book features:

- \* 96 stretching exercises, plus additional warm-up movements
- \* exercises which use the Contract-Relax (C-R) method
- \* advanced stretching movements
- \* exercises for all parts of the body, including hands and feet
- \* exercises for athletes, grouped by sports
- \* exercises shown in partner and solo versions
- \* over 700 photographs
- \* many illustrations of key anatomical details

## Book Information

Paperback: 280 pages

Publisher: Simon & Schuster Australia; 1 edition (September 1, 2000)

Language: English

ISBN-10: 0743200691

ISBN-13: 978-0743200691

Product Dimensions: 10.8 x 8.5 x 0.7 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #244,323 in Books (See Top 100 in Books) #51 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#)

## Customer Reviews

I agree with the author that emotional strength is based on physical flexibility. I have been dabbling in stretch for years, as part of my bodywork. I achieved temporary effects, but very little cumulative. But these techniques explained by Laughlin are effective at producing a lasting change. The essential element is the contraction release. It seems that contracting a muscle at the current 'edge'

of its length somehow not only allows a deeper stretch in the moment, but also seems to 'reset' the nervous system's idea of what is the correct resting length of the muscle should be. One is no longer fighting one's own body but changing it! Although I was not expecting increased strength, that happened also. It seems that the isometric contraction element of these stretches strengthens the nerve function which is the real key to gaining strength. I also enjoy the elaborate thinking that has gone into each stretch that allows the participant to isolate the muscle and keep the proper form. Once one learns the stretches, they are very quick to set up, but in the beginning all the extra instructions are essential in ensuring that the stretch is not defeated by an unwanted compensation or misalignment elsewhere in the body. Just going to a yoga class or Pilates mat class will not provide the benefit these stretches do because the postures are too uncontrolled and the typical western stiff body doesn't really achieve the 'guts' of the pose. This book however, is truly a remedial approach that expects the participant to have a very limited range of motion to begin with. Just to read the material, the techniques do not sound impressive, but when one actually does the stretches, the genius is revealed. After a good session, the blissful feeling lasts for hours.

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