

Stretching Scientifically A Guide To Flexibility Training

Vern Gambetta, Gambetta Sports Training Systems, Incorporated

Stretching Scientifically Thomas Kurz, 2003

Black Belt, 1994-12 The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known martial arts figure in the world.

Stretching Scientifically Janelle Munnell, 2021-04-22 Our bodies were designed for movement, but as we age, our joints and muscles become tighter. Stretching is a gentle, simple activity that anyone can do to alleviate aches and pains, as well as improve range of motion and flexibility. This book guides you step-by-step through each stretch, arming you with the confidence you need to progress into deeper levels of stretching for enhanced flexibility, reduced pain, decreased stiffness, and better quality of life for years to come. Gymnasts, Martial Artists, inflexible Yoga practitioners, you've found the secrets! This is THE course for learning how to achieve maximum flexibility with strength! You will learn the most effective methods of stretching to achieve ultimate flexibility in the shortest time possible. This is not an academic course for personal trainers and coaches, this is the need to know, get the job done course for people who want to do front and side splits easily or be able to kick high and effortlessly in the martial arts. - You will learn how to properly and safely reprogram your muscles and nervous system! - You will achieve the splits in the fastest, most efficient way possible! - Side splits, Front splits, Hurdler's Splits, it's all covered! - Drop in the splits, any time of day, no warm-up? No Problem. - Want to High Kick anytime, anywhere? You got it.

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Stretching Scientifically Thomas Kurz,1987-09-01

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Principles and Labs for Physical Fitness Werner W. K. Hoeger, Sharon A. Hoeger, 2003-04

Sports Coach, 2002

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Journal of Human Movement Studies, 2005

Get Fit, Stay Fit William E. Prentice, 2007 This text is designed for students with little or no background in developing a personal fitness programme. Topics covered include principles of cardiorespiratory fitness, muscular strength and endurance, flexibility and limiting body fat.

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