



One Hundred Stretches: Head-to-Toe Stretches for Exercise and Sport

By Jim Brown

Burford Books, U.S. Paperback. Book Condition: new. BRAND NEW, One Hundred Stretches: Head-to-Toe Stretches for Exercise and Sport, Jim Brown, Stretching is an essential preamble for sports and activities of all kinds. Here sports and fitness expert Jim Brown details 100 stretches to help any athlete at any level in any sport. Stretching can improve flexibility, enhance performance, prevent injuries and much more -- if done right. From selecting the right stretch (static, ballistic, dynamic, active or passive), to detail on how long to stretch and how often, this book presents 100 different stretches for every part of the body from head to feet. Also included are sport-specific stretches for running, golf, soccer, swimming and many other sports.



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