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Stretching & Flexibility includes 144 pages in a convenient A5 size (5.8 x 8.3 inches or 148mm x 210mm), featuring 150 photos of 135 unique stretching exercises. Chapter 1 provides a basic overview of physiology, fitness and flexibility. The many benefits

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of stretching are outlined in chapters 2 and 3. Chapter 4 details the different types of stretching. While stretching guidelines (i.e., rules and "how to") are presented in chapters 5 and 6. Chapter 7 deals specifically with flexibility testing. While the final chapter and

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ultimate strength of the book, contains 135 photographs of each stretch with step-by-step instructions. A unique spiral binding allows the book to lay flat without closing on itself, which means you don't have to hold the book open with one hand while



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you're trying to do the stretches.

The author, Brad Walker, is a Health Science graduate of the University of New England and has postgraduate accreditation's in athletics, swimming and triathlon coaching. He has coached elite level and world champion athletes

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from sports as diverse as triathlon, motor cycle racing, roller skating, squash and baseball, and has lectured extensively on sports injury prevention and rehabilitation.

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flexibility is for boosting your physical performance in training, sparring or just staying fit, but most stretching methods are not only slow and unreliable but could actually be secretly reducing your power! So how do you release the potential in your body and 'teach'

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your muscles to be more relaxed, unlocking full range of motion in a fraction of the time? It takes more than just stretching, it takes the right kind of stretching. Proven methods specifically designed to quickly and safely coach your muscles to be more flexible

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James Lew, martial artist,  
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stuntman, director and Emmy  
Award winning Stunt Coordinator.

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This was the first book written by Lew and presents the secrets to his amazing flexibility. Useful for all sports, it covers the essentials to proper stretching required to prevent injury. The stretching exercises put forth in this book are the result of years of athletic

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training and study. Their worth has been substantiated by hundreds of his grateful students. Also included are some of Lew's favorite kicking techniques; including: the front drop kick; the lotus kick; the double side kick; the roundhouse heel kick and the

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