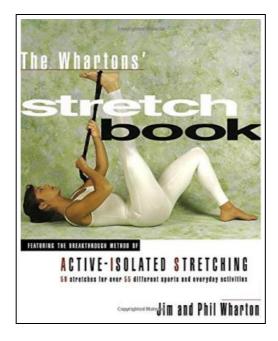
# The Whartons Stretch Book: Featuring the Break-through Method of Active-Isolated Stretching (Paperback)



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### Reviews

An extremely wonderful book with perfect and lucid information. This can be for all those who statte there had not been a really worth reading through. Its been written in an exceptionally easy way and it is only after i finished reading this ebook in which actually modified me, alter the way i really believe.

(Kaelyn Reichel)

# THE WHARTONS STRETCH BOOK: FEATURING THE BREAK-THROUGH METHOD OF ACTIVE-ISOLATED STRETCHING (PAPERBACK)



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TIMES BOOKS, United States, 1996. Paperback. Condition: New. Language: English. Brand New Book. Whether you re a serious competitor or weekend warrior, you know that proper stretching before and after your workout can improve your performance, increase your flexibility, help prevent injury, and make you feel better. But did you know that the traditional way of stretching -- lock your knees, bounce, hold, hurt, hold longer -- actually makes muscles tighter and more prone to injury? There s a new and better way to stretch: Active-Isolated Stretching. And with The Whartons Stretch Book, the method used successfully by scores of professional, amateur, and Olympic athletes is now available to everyone. This groundbreaking technique, developed by researchers, coaches, and trainers, and pioneered by Jim and Phil Wharton, is your new exercise prescription. The routine is simple: First, you prepare to stretch one isolated muscle at a time. Then you actively contract the muscle opposite the isolated muscle, which will then relax in preparation for its stretch. You stretch it gently and quickly -- for no more than two seconds -- and release it before it goes into its protective contraction. Then you repeat. Simple, but the results are outstanding. The Whartons Stretch Book explains it all. Part I contains the Active-Isolated Stretch Catalog, with fully illustrated, easy-to-follow stretches for each of five body zones, from neck and shoulders to trunk, arms, and legs -- over fifty stretches in all. Part II offers specific stretching prescriptions for over fifty-five sports and activities, from running, tennis, track, and aerobics to skiing, skating, and swimming. You II also find advice on stretching for daily activities such as driving, working at a desk, lifting, and keyboarding. Part III discusses stretching for life, with specific recommendations for expectant mothers and older athletes. It also includes specific...

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