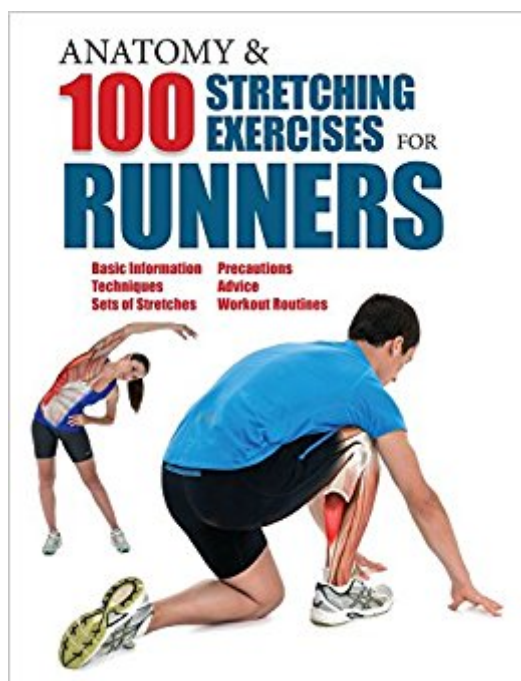


The book was found

Anatomy And 100 Stretching Exercises For Runners



Synopsis

Runners who want to improve their overall flexibility, feel great, and look great too will want this comprehensive guide. It features over 100 stretching exercises to help runners improve their range of motion, decrease discomfort, and prevent sporting or other injuries. Easy-to-understand exercises are clearly illustrated and contain precise instructions, making them simple to follow. Readers will find:

- Methods explained step-by-step for the most effective exercise routines
- Anatomical descriptions of the parts of the body and the muscles being worked
- Photographic representations of each exercise, complemented by detailed illustrations of the primary and secondary muscles
- Explanatory text that ensures correct techniques and proper safety precautions
- The numbers of repetitions needed depending on fitness levels (beginner, intermediate, advanced) and the physiological benefits of each exercise
- Effective exercises for runners of all levels, and those searching for pain relief associated with injuries
- A quick reference guide to the most beneficial stretches for specific ailments, and more

Increase your overall sense of well-being, overcome physical ailments, and learn the proper way to stretch your body to get the most out of your running with this helpful guide.

Book Information

Flexibound: 152 pages

Publisher: Barron's Educational Series (October 1, 2015)

Language: English

ISBN-10: 1438007191

ISBN-13: 978-1438007199

Product Dimensions: 8.5 x 0.5 x 10.9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,157,904 in Books (See Top 100 in Books) #122 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #1665 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#) #2551 in [Books > Science & Math > Biological Sciences > Anatomy](#)

[Download to continue reading...](#)

Anatomy and 100 Stretching Exercises for Runners Memory Exercises: Memory Exercises

Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Back Stretching - Back

Strengthening And Stretching Exercises For Everyone RUNNING: STRETCHING: Pre and Post

Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) 100 CAD Exercises - Learn by Practicing!: Learn to design 2D and 3D Models by Practicing with these 100 CAD Exercises! Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury Rehabilitation Stretching Anatomy-2nd Edition Stretching Anatomy Anatomy of Stretching (Anatomies of) The Born Again Runner: A Guide to Overcoming Excuses, Injuries, and Other Obstacles_for New and Returning Runners The Youth and Teen Running Encyclopedia: A Complete Guide for Middle and Long Distance Runners Ages 6 to 18 River Runners' Guide To Utah and Adjacent Areas (Revised and Updated) Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free Born to Run: The hidden tribe, the ultra-runners, and the greatest race the world has never seen Hell's Half Mile: River Runners' Tales of Hilarity and Misadventure Walker's Runners (Lorimer Sports Stories) Runners of North America:Â A Definitive Guide to the Species Training Young Distance Runners-3rd Edition

[Dmca](#)