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Delavier's Stretching Anatomy

By Frederic Delavier, Jean-Pierre Clémenceau, Michael Gundill

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Delavier's Stretching Anatomy, Frederic Delavier, Jean-Pierre Clémenceau, Michael Gundill, This title is the next installment to the best selling anatomy series by Delavier! "Delavier's Stretching Anatomy" is your guide for increasing flexibility, improving range of motion, toning muscles and relieving pain and discomfort. The very best stretches for shoulders, chest, arms, torso, back, hips and legs are all here, and all in the stunning detail that only Frederic Delavier can provide. With over 550 full colour photos and illustrations, you'll go inside more than 130 exercises to see how muscles interact with surrounding joints and skeletal structures and learn how variations, progressions and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results. "Delavier's Stretching Anatomy" includes 13 proven programmes for increasing muscle tone, releasing tension and stress, optimizing training and performance in 13 sports, including running, cycling, basketball and soccer. This title has its publicity and reviews in strength and fitness magazines including "Men's Health", "Health & Strength Magazine", "Muscle & Fitness" and "FitPro". It is featured at fitness events including the annual "FitPro" Convention and the UKSCA Conference. Mailing of this title is via consumer fitness brochure...



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Reviews

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