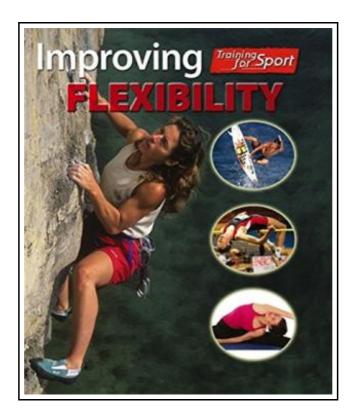
Improving Flexibility (Paperback)



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Reviews

Completely essential read pdf. It is definitely simplistic but shocks within the 50 % of your book. Its been designed in an exceptionally straightforward way which is simply following i finished reading through this publication in which actually changed me, change the way i believe. (Damon Friesen)

IMPROVING FLEXIBILITY (PAPERBACK)



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Hachette Children's Group, United Kingdom, 2016. Paperback. Book Condition: New. 270 x 147 mm. Language: English. Brand New Book. It's not just gymnasts and ballet dancers who need to be flexible. Sports such as rock climbing, Judo, diving and cricket rely on flexibility to be performed well and reduce the risk of injury. This book explains the science behind flexibility, provides exercises and explains the effects diet has on muscle performance. * Test your flexibility and follow professional step-by-step exercises to improve it. * Discover how your muscles, joints, ligaments and tendons work together to enable the body to be flexible. * Understand how to stretch to avoid injury and what the difference is between static, dynamic and assisted stretching. * Read about sportspeople such as Tom Daly, Lynn Hill and Rafael Nadal, whose flexibility has helped them to excel. Combining sports science, nutrition, training programmes and exercises, the Training for Sport series of books is a complete guide to raising performance for children aged 9+.



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