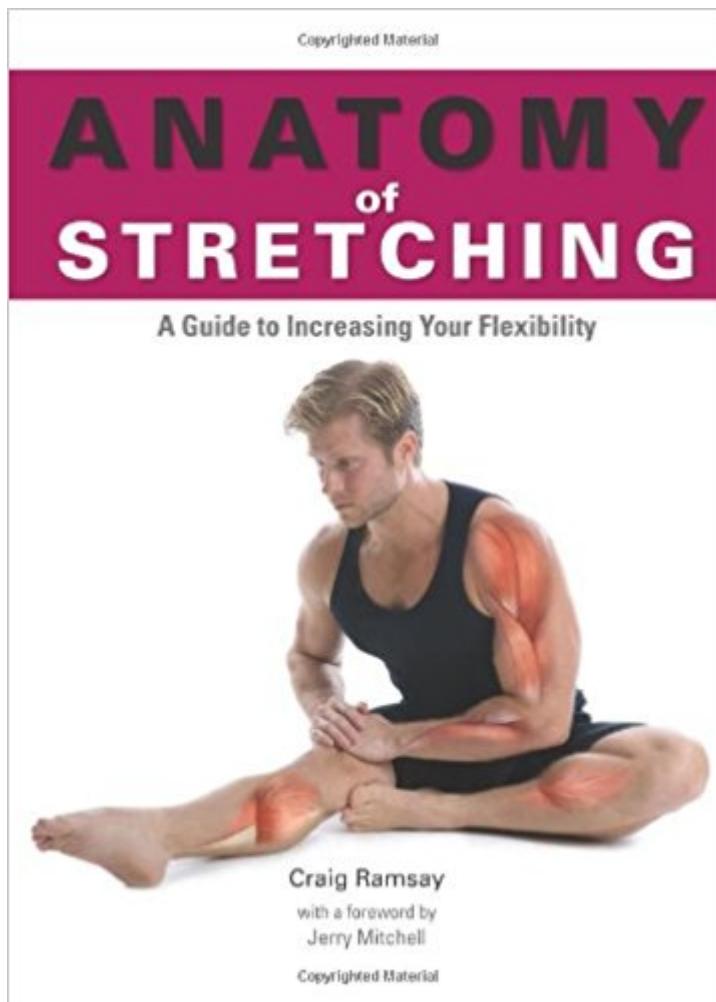


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# Anatomy Of Stretching (Anatomies Of)



## Synopsis

It doesn't matter if you're a fitness novice or an elite athlete. You should be starting each workout exactly the same way; with a stretching regimen designed to warm up your body and help you achieve a new personal best each time. But without the expertise of a professional trainer and without an expert's understanding of muscle anatomy, it can be hard to know what exercises are best. Craig Ramsay is here to help! In *Anatomy of Stretching*, he brings the lessons learned in ten years as a trainer to celebrities and professional athletes and the star of Bravo's *Thintervention* to everyone. You'll learn when and how to do a tricep stretch and a shoulder stretch, when to avoid toe touches and hamstring stretches, and why it's important to keep your neck relaxed during a hip flexor stretch. While taking you through each movement step by step, *Anatomy of Stretching* also goes beneath the skin to allow you to see just which muscles you are working during each stretch. Get limber; and get the most out of your workout; with *Anatomy of Stretching*!

## Book Information

Series: Anatomies of

Paperback: 160 pages

Publisher: Thunder Bay Press; Pap/Pstr edition (June 12, 2012)

Language: English

ISBN-10: 9781607103981

ISBN-13: 978-1607103981

ASIN: 1607103982

Product Dimensions: 0.8 x 7.5 x 9.5 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.6 out of 5 stars 32 customer reviews

Best Sellers Rank: #408,678 in Books (See Top 100 in Books) #68 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #655 in Books > Sports & Outdoors > Coaching > Training & Conditioning #1432 in Books > Science & Math > Biological Sciences > Anatomy

## Customer Reviews

With over ten years of experience, Craig Ramsay is one of the most sought-after trainers in the business. A trained contortionist, ballet dancer, hockey player, fitness model, and Broadway, TV, and film actor, Craig is respected internationally for his knowledge and experience transforming people's health, bodies, and lives. His clients include some of Hollywood's top

celebrities and professional athletes. Craig's personal goal is to reach out to all people willing and needing to change their lives. Craig is currently appearing on the Bravo series Thintervention. He lives in Los Angeles, CA.

I can say enough good things about this book. Finally someone has written a book that fully delves into an area most trainers give short shrift too: how to properly stretch before a workout. There are even sections that simply and clearly give the readers easy ways to merely stretch your muscles to relieve tensions or stiffness that occur during normal day activities. Simple exercises with clear illustrations all intelligently set out.

This book does an excellent job of explaining each of the stretches including tips on how to do them safely, and what to do when they're no longer a challenge. The inclusion of a short but fairly comprehensive workout for those with little time is an added bonus.

Got this book for Christmas. It is fantastic. The greatest thing about this is that you can simply get on the floor, open up the book and start stretching. The author Craig is beautiful and inspires you to reach the flexibility he has achieved. The poster included is very informative. I am so pleased that I bought this because I sit at a desk all day and worry about my health. Craig even has stretches just for seated office workers like me. A great purchase. And no, I'm not a spammer. I'm a real 42 year old guy.

I have many books on this subject. This is all one needs

book is very informative with large photos of the stretches

Amazing book with clear photos that illustrate the stretches well.

It shows the muscles being stretched. There is also a section on partner stretching, pregnancy stretches, foam roller stretches, and office stretches.

Wow, what a fantastic book with excellent illustrations on which muscles are being used during specific stretches. no more guessing at which ones are being worked correctly. stretches for pregnant women included.

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