



# The Complete Guide to Stretching

*Christopher M. Norris*

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## **The Complete Guide to Stretching** Christopher M. Norris

The Complete Guide to Stretching is the definitive practical handbook for: - sports participants and recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance - sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness - sport and exercise therapists who could use stretching as an important part of a balanced rehabilitation programme A reasonable level of flexibility is essential to the healthy functioning of joints and muscles, which in turn facilitates performance and reduces the risk of injury. The Complete Guide to Stretching provides an accessible overview of the scientific principles that underpin this form of training and offers more than 70 exercises designed to safely increase range of motion right across the body. This new edition is in full colour, with brand new photographs demonstrating the stretches throughout.

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