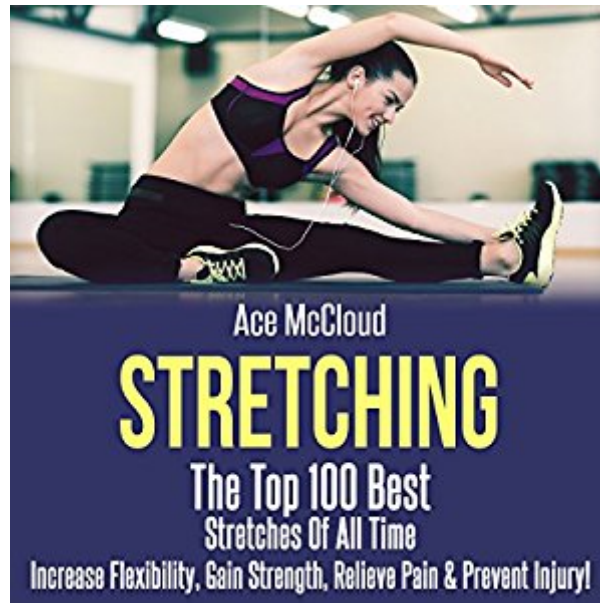


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# Stretching: The Top 100 Best Stretches Of All Time



## Synopsis

Discover the best stretches of all time. This book covers an incredible variety of stretches that you can easily learn and incorporate into your daily life. Be prepared to discover how to stretch out all of your different body parts and the best ways to do these stretches. The benefits of a daily stretching routine are many, and if you would like to live a long and happy life with a healthy body, then this is the book for you! Most people know that exercise is a valuable activity to boosting your health, making you feel great, and helping you grow strong. However, many people tend to overlook just how incredibly effective a stretching routine is for overall effectiveness in daily life. Many view stretching as merely a trifling part of an exercise routine, something to be hurried through in order to get to the main event. They miss the main point of stretching, that it offers you added flexibility, strength, resilience, stress resistance, and so much more! All the best athletes in the world have detailed stretching routines that they practice regularly. Stretching can help you feel great about your body while serving to prevent injuries you might otherwise have incurred from everyday chores or a random accident. While most tend to stretch before exercising or playing a sports game, many don't consider taking 10 to 15 minutes to warm up and stretch to get ready for a great day! A regular stretching schedule can keep your body limber and your muscles ready to be called on for exertions large or small whenever they may arise. Don't wait until you've hurt yourself! Start stretching now and get the most out of your body for many years to come! What are you waiting for? If you are still reading this you are obviously motivated to get all the incredible benefits of stretching. Stop thinking and take action.

## Book Information

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## Customer Reviews

I've just recently started to really get into weightlifting and all I knew were some basic stretches from soccer. This book has helped me so much more! I'm the type that needs examples, explanations, where it's stretching, why it's a good stretch and this book covers it all. I feel better, limber, more flexible and I'm not as sore as I used to be after working out. I even feel better during my workouts which I didn't expect. I highly recommend this book to anyone!

I never knew there were so many different stretching exercises or realize one kind of stretching would be better than another. The amazing thing I learned by doing the exercises is that instead of tiring me out, they energized me and I became super alert and felt really focused on my body and everything around me. Overall, it's a great resource and one I will definitely be referring to in the future.

Stretching by Ace McCloud is the best book on stretching that I've ever read! It truly served as a game changer for me. I never really bothered to learn about stretching or why it's so important but after suffering a couple of occupational injuries and looking to prevent further injuries, I downloaded this book, developed my own stretching routine with the help of one of the chapters and now it's one of the first things I do (after taking my dog for a walk) when I wake up in the morning!! I found the shoulder and leg stretches particularly favorable as they are my two most used body parts in my physically intensive job. I also liked the neck and hand stretches because you can throw them into the mix and ensure that all parts of your body are stretched and that your routine doesn't get too dry. I've yet to try any advanced stretches or yoga positions yet but I believe that if you start out with this book then you can easily move on to master those types of stretches.

I never thought that stretching is one of the exercise routine that can relieve pain. I haven't pay much attention about doing stretching before until I read the health benefits just by doing this itself. It helps improved posture and blood circulation and many more. This book shares how to stretching properly which is very important because if not follow correctly it can lead to muscle damage. Well written book about health by Ace McCloud.

Stretching is something that helps build muscle strength and reduce the risk of injury during exercise. Many don't see the benefits of stretching or do not make the most of it. McCloud shows that stretching can be easy to do by walking us through different routines that will seemingly cater to

each individual. Whether you're a young athlete or a senior, this e book will offer tips that can definitely help you take care of your muscles.

When I hear the word stretching, what comes to my mind is something that we do before exercising or playing a sport. This book actually taught me that stretching is so much more than just giving your muscles a warm-up before working it out hard. I learned that it can heal some injuries and it helps in having a healthy body. This book will teach you a lot of things about stretching.

I had a doctor that told me to stretch before I got out of bed every morning. He told me that stretching gets the body ready to start moving around and you are less likely to get injured or feel stiff if you stretched from head to toe in bed. This was when I was in my 20s and I continue to do so now that I am in my 60s. I have arthritis, and if I did not stretch every morning, I would be in big trouble. When I saw this book, I thought that it would help me to learn a few more stretches that I could do during the day before regular activities and exercise that would keep me limber and pain-free. I was right. The book discusses the benefits of stretching and what happens to the body if you don't stretch it regularly. This chapter should encourage anyone to get stretching. The chapter on stretching properly discusses the 4 different types of stretching including dynamic, ballistic, static and isometric in detail. It explains which to start with, how long to hold a stretch, and then goes in to warm ups before the extreme stretching starts. The book then goes into step by step processes on how to stretch each part of the body from the neck to the legs and feet. There are 100 stretches portrayed in this book. The book then explains how to create a routine and gives you samples. It is a great book for anyone wanting to stay fit and limber for years to come.

This book "Stretching: The Top 100 Best Stretches Of All" by Ace McCloud, really does give you the best insight on the proper way to perform stretching exercises. There was a time that I would stretch in the morning once I got out of bed. Well, That ended that day because I pulled a muscle in my shoulder, and I was helpless for days! I tried heat, ice, medicated rubs, and Advil, but I felt no relief. So, about 3 days later, I began to feel better, and I swore that I would never stretch again. My doctor now tells me that I need more exercise, and he gave me a list of different exercises to try because I have asthma. Of course, there is a disclaimer that says, "make sure to stretch before you try any of these." Well, I said great! This doctor's appointment was 6 months ago, and I never tried anything. Now, I found this book that's all about stretching, and I found some great advice. As Blaine mentions, "Stretching does not require any special training. It comes naturally." He also mentions

that if you are sitting in a chair for a long time, you may get up and stretch. Well, I think that's something like I did, and I got hurt. As I read, it seems that if you hold a stretch for too long, you will pull a tendon. One more fact that I found important is, "when your muscles have not been made flexible through stretching, they begin to form fibers that grow dense. When the fibers grow too thick, due to lack of movement, your range in motion becomes impaired." That sounds scary to me! Ace's book will show you how to properly stretch your legs, arms, shoulders, back, hip, neck, chest, and hands. Not only will you learn the proper way to stretch, but you will learn many different stretches that may work perfectly for you.

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