



Stretching

SIMON FROST

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The aim of improved flexibility is to extend the range of movement of our joints to the point where we are able to perform everyday activities with minimal effort and maximum effect. This book is designed to provide a basic understanding of flexibility and, through a series of illustrated exercises, achieve a healthy flexibility that will improve the reader's posture, fitness, and general well-being. Flowmotion is a breakthrough technique, the newest, greatest way of teaching sport, fitness routine, dance, or any kind of physical activity! Unless you've got a private teacher standing right with you, it doesn't get any better than these revolutionary guides. Picture this: strobe-like, wide-format photographs - created by cutting-edge digital technology - that fluidly capture entire movement sequences with key stages highlighted. It's as if you were watching a video. Underneath the pictures, captions provide even more directions. There's nothing else like it anywhere! Stay injury-free and improve at any type of workout or sport when you know how to stretch properly.

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