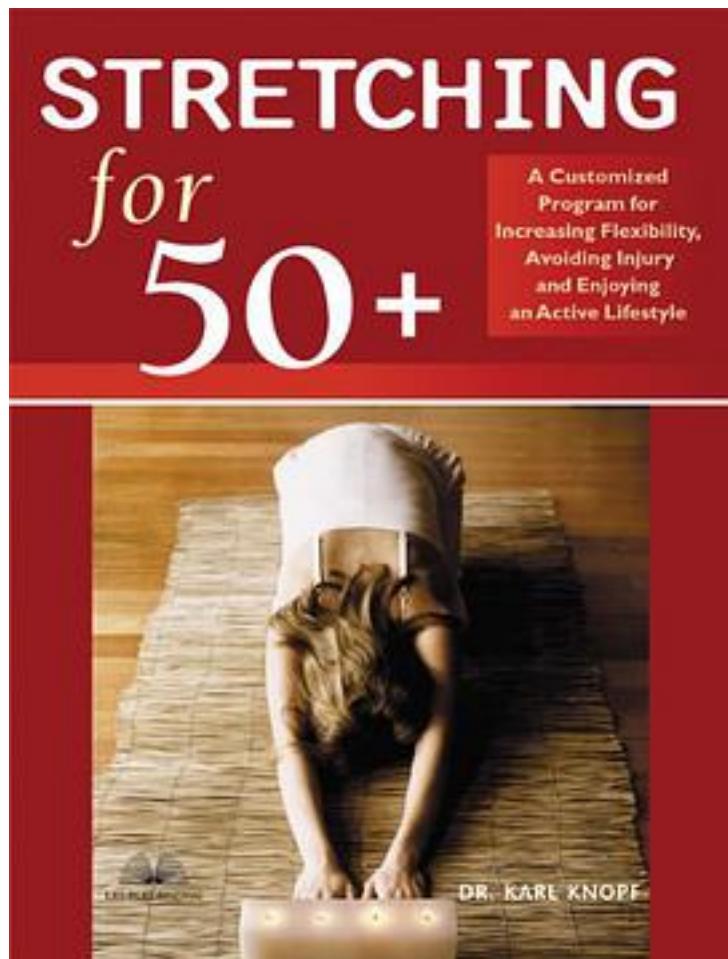


# Stretching for 50+



[Stretching for 50+ 下载链接1](#)

著者:Knopf M.D., Dr. Karl

出版者:Transition Vendor

出版时间:2005-2

装帧:Pap

isbn:9781569754450

IMPROVE YOUR FLEXIBILITY WITH THE GENTLE, BEGINNER STRETCHES ILLUSTRATED IN THIS BOOK Designed to meet the unique needs of the 50+ person, the carefully modified stretches in this book are easy to learn and safe to perform at any age.

Illustrated with step-by-step photos and explained with clear captions, the stretches in Stretching for 50+ can reverse years of muscle tightening, helping you perform daily activities without pain and enjoy sports and leisure activities without injury. Stretching for 50+ offers customized programs for: Back pain Arthritis Knee problems Long Drives Desk fatigue Shoveling snow Golf Jogging Tennis Swimming Skiing Gardening To help assist you, many of the movements in Stretching for 50+ use a chair, block, strap, pillow or blanket. The author also includes tips, cautions and techniques for properly performing each stretch.

作者介绍:

目录:

[Stretching for 50+ 下载链接1](#)

标签

评论

---

[Stretching for 50+ 下载链接1](#)

书评

---

[Stretching for 50+ 下载链接1](#)