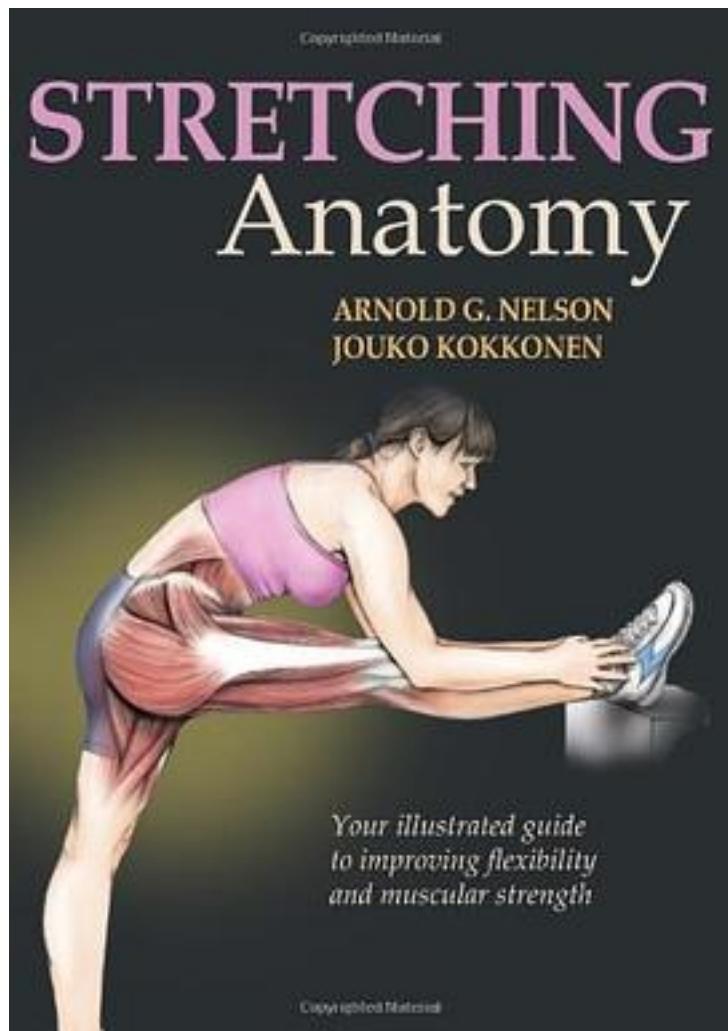


# STRETCHING ANATOMY



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See inside every stretch-and maximize flexibility! "Stretching Anatomy" will arm you

with the knowledge to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement. You'll also gain a detailed understanding of how each stretch affects your body. "Stretching Anatomy" is like having an X-ray of each stretch, only better. Not only do you see full-color illustrations of the muscles in action, but you also find out how changes in position can alter the muscle emphasis and difficulty and how variations can improve safety and effectiveness. Each exercise includes detailed instruction on how to stretch, when to stretch, primary and secondary muscle emphasis, and which muscles are activated for support. Stretching programs provide three levels of difficulty, including light stretching that can be used as a warm-up or to aid in recovery from soreness or injury. And summary movement tables show how to customize stretching programs to focus on key problem areas. Whether it is increased flexibility or reduced muscle soreness or tension, "Stretching Anatomy" allows you to see and feel the benefit of proper stretching technique.

作者介绍:

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标签

瑜伽

Non-friction

Fitness

趣

英文版

科學表情

医学|运动|饮食

Stretching

## 评论

:无

不如去看蕙兰瑜伽然后照着做，觉得对于我等不需要专门知识的实践者来说。

太基础了

有一些问题。比如没有提到运动前拉伸的可能危害。以及多次出现拉伸时拉脚趾的动作--这可能会导致问题。

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## 书评

美国人原著的东西，非常的精细深入，他们做一项东西会把握住一个点，做到透彻，不像我们做研究出书，面很广，但不会太深入。

这本书只提到茫茫众多的牵伸训练动作中极少的几种，但对于追求健康和塑身人群已经太足够了。每一种动作针对的部位、练习方法和注意事项都很明确。你可...

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