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STRETCHING ANATOMY : ILLUSTRATE GUIDE TO IMPROVING FLEXIBILITY & MUSCULAR STRENGTH



Human Kinetics, Champaign, IL, 2006. Soft Cover. Book Condition: NEW. Jason M. McAlexander (Illustrator) (illustrator). First Edition, 16th Printing. BRAND NEW COPY. Highly regarded guide for improving muscular and joint mobility. Stretching programs for improving flexibility, strength, and strength endurance; particularly beneficial in highlighting those muscles patterns of modern-day-activities tend to ignore. 7 chapters: 1, Neck; 2, Shoulders, Back & Chest; 3, Arms, Wrists & Hands; 4, Lower Trunk. 5, Hips; 6, Knees & Thighs; and 7, Feet & Calves.

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- Authored by Nelson, Arnold G.; Kokkonen, Jouko
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