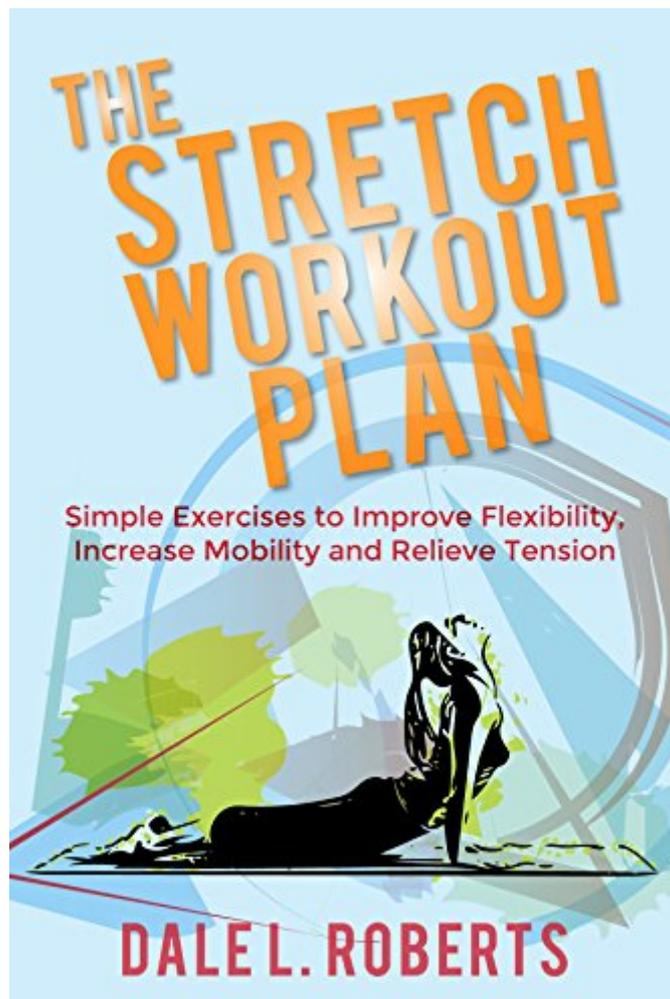


The book was found

The Stretch Workout Plan: Simple Exercises To Improve Flexibility, Increase Mobility And Relieve Tension



Synopsis

Relieve Tension, Reduce Pain, Move and Feel Better with these Stretching Exercises

What if a few easy exercises could dramatically improve how you feel, move and work in all aspects of your life? What if you could do more than you have ever done simply by adding a few simple stretches to your everyday routine? All the stress of life—whether from excessive sports play, overwork, or overuse of technology—increasingly takes a toll on your body. Symptoms can range from soreness to extreme pain. One safe, simple and productive way to address the problem is through exercises that can be done anywhere, anytime, and without special equipment—stretching.

#1 bestselling author, Dale L. Roberts, presents the remarkable findings of his study on stretching. Based on personal training experience, thorough research and clinical evidence—Roberts answers the question: what are the secrets of improving your quality of life? The book begins with clear, detailed descriptions of the benefits of stretching, different forms of stretching, and how to stretch correctly. It also focuses on the kinds of stretches most helpful in alleviating tension and recovering from everyday workouts and stress. Organized by key body parts and specific conditions, *The Stretch Workout Plan* • presents stretch exercise programs accompanied by simple instructions that anyone can do. "The Stretch Workout Plan" includes:

- Dozens of stretch exercises appropriate for most anyone
- Brief and simple instructions of each exercise
- Multiple stretch workout plans for dozens of common flexibility problems
- Helpful guidelines and tips to get the most from your normal workouts
- Quick links to search between exercise program and description with ease
- Helpful tips on additional fitness tools to enhance your stretching
- And, much more!

Why Wait Any Longer? Scroll Up and Click the Buy Button NOW!

Book Information

File Size: 1548 KB

Print Length: 108 pages

Page Numbers Source ISBN: 1511682485

Publisher: One Jacked Monkey, LLC (February 9, 2016)

Publication Date: February 9, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01B46B300

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #49,835 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #3 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #4 in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Sports Medicine

Customer Reviews

The problem with workouts, I've found, is that I never seem to take enough time to properly stretch when I start (much less when I finish). While these workout plans are indeed that- workouts, I've actually been using them this last week as a warm up/cool down plan. There are several plans in here to fit the individual's needs (properly formatted so that I can click the name of the stretch and Kindle will take me to a pictorial explanation of the stretch) that range from a light stretch to a 'I earned this doughnut' workout. Quite honestly, the ones I enjoy the most focus on the hips. On my own it's easy to remember to stretch the calves and arms, but the torso misses out. It's a shame, really- it's an easy way to build up core endurance. As such, I focused much more of my attention on these sections of the book that the 'total body' workout, but the total body workout plan that I did worked up a sweat: it was wonderful. All in all, I'm happy to have this in my library. I start an audiobook, go to this one, go to my bookmarks, and I start stretching. It's a good way to spend my early mornings. As a last note, I must mention that this book is well edited, organized, and VERY well formatted. Highly recommended. //I received an advanced copy in exchange for an honest review//

Advance copy received in exchange for honest review. The Stretch Workout Plan by Dale L. Roberts is one I wish I had had years ago, but can still make use of today. The information on different kinds of stretching and stretching techniques is simply explained and the book contains photos for better understanding of each move. Some of these are floor exercises, but could easily adapt to doing them lying in bed. I think this book is an excellent resource for anyone just beginning an exercise routine. Personally, I'm going to grab a print copy as soon as it becomes available. The Stretch Workout Plan: Simple Exercises to Improve Flexibility, Increase Mobility and Relieve Tension

Since getting back into working out the last 2 years, I've learned that I can sometimes have trouble getting motivated to move. I can actually be in the gym and just be poking around because I'm not there yet mentally. What I used to do was go buy an energy drink or take a shot of C4 which is fine for some but I just never really liked that whole heart palpitation feeling. What I've now discovered is that if I treat myself to a nice full body stretch, I am magically in the mood to move afterward. The great thing about purchasing this plan, for me, was that it has given me a good understanding of what stretching can do for my body and how effective it can be in my training. Also, it has taken me past doing the basic stretches that I remember from high school gym class and the few that I retained from the handful of yoga classes I've taken and it's given me an actual routine that I can modify and tailor for my own needs, fitness level, and time constraints. Well worth the price of admission.

This book will do the most for people that are starting or are already in a fitness program and either skip stretching or don't know how/when to do it. That's something I was struggling with until reading the book and I've noticed differences in my performance and how I feel after my workouts. I liked the straight forward, no B.S., conversational approach that the author takes, it made it much easier to read. At the same time, there was enough specific detail to let me know he had done his homework. The author being a former personal trainer really added value for me, gave me confidence that I could trust what I was reading. The author covering different types of stretching may have been the most useful for me as it pointed out that I was practicing a dangerous form of stretching. To put it bluntly, this book was informative, to the point, in terms everyone can understand and follow, and included detailed pictures for me to model. A few of the pictures were a little dark but that's to be expected with natural light settings, it didn't prevent me from understanding the stretches. Received advanced promotional copy for review purposes. I bought a copy afterwards to keep on my kindle app to use at the gym.

I found this particular book of Dale Roberts to be complete. It was a bit dry in delivery compared to his other books but saw this as an excellent book for guiding the novice. Also, it could become a teacher's manual down the road with some tweaking. Getting it for 99 cents was a bonus.

I received this book as an advanced promotional copy for an honest review. This book covers stretching the body for people just starting to exercised to more experienced trainers. This is more of an academic book and very informative about the benefits gained and how to do the stretches.

He writes from personal experience being a personal trainer and health enthusiast. The only negative thing I can say about the book, it is very technical. It reads kind of like a college book. Overall in my opinion it is a good book for any one wanting to get into or back into a training routine.

[Download to continue reading...](#)

The Stretch Workout Plan: Simple Exercises to Improve Flexibility, Increase Mobility and Relieve Tension Introduction to Yoga and Pilates - Improve Your Flexibility, Increase Mobility and Relieve Tension: Learn How To Transform Your Life (Maximize Your Human Potential) Yoga For Men: A Beginners Guide To Develop Core Strength, Flexibility and Aid Recovery (Yoga for Men, Flexibility Training, Mobility Fitness) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Psoas Strength and Flexibility: Core Workouts to Increase Mobility, Reduce Injuries and End Back Pain Restoring Flexibility: A Gentle Yoga-Based Practice to Increase Mobility at Any Age Backache, Stress, and Tension: Understanding Why You Have Back Pain and Simple Exercises to Prevent and Treat It Headache Free: Relieve Migraine, Tension, Cluster, Menstrual and Lyme Headaches Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) Exercises for Osteoporosis, Third Edition: A Safe and Effective Way to Build Bone Density and Muscle Strength and Improve Posture and Flexibility The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body Increase Libido at Any Age Naturally: The Ultimate Guide to An Increased Sex Drive & Improved Sex Life for Men & Women (Increase Sex Drive, Improve Sex Life) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Treat Your Own Knees: Simple Exercises to Build Strength, Flexibility, Responsiveness and Endurance Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss: How Non Routine Actions And Thoughts Improve Mental Health 30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose

Weight, and More!

[Dmca](#)