



## The Complete Guide to Stretching: 4th edition (Complete Guides)

By Christopher M. Norris

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*The Complete Guide to Stretching* is the definitive practical handbook for:

- sports participants and recreational exercisers who are eager to increase flexibility to enhance their performance
- sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness
- sport and exercise therapists who use stretching as an important part of a balanced rehabilitation program

A reasonable level of flexibility is essential to the healthy functioning of joints and muscles, which in turn facilitates performance and reduces the risk of injury. Now in its fourth edition, *The Complete Guide to Stretching* provides an accessible overview of the scientific principles that underpin this form of training and offers more than seventy exercises designed to safely increase range of motion across the body.

Full-color photographs demonstrate the stretches throughout.

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## **The Complete Guide to Stretching: 4th edition (Complete Guides) By Christopher M. Norris Bibliography**

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### Editorial Review

Review

“Full of easy-to-follow illustrations and the instructions are clear.” *?Woman's Weekly Living series*

“Recommended.” *?Top Sante*

“This is the definitive guide for keen sportspeople and recreational exercisers alike.” *?Health & Fitness Magazine*

About the Author

**Christopher M. Norris** is a Chartered Physiotherapist, sports scientist, highly successful author, and established lecturer and consultant. He has more than twenty years' experience in treating soft-tissue injuries and specializes in sports injuries and exercise therapy. As Norris Associates he runs two private clinics in Manchester and provides consultancy services to blue-chip industries and several leading sports clubs.

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