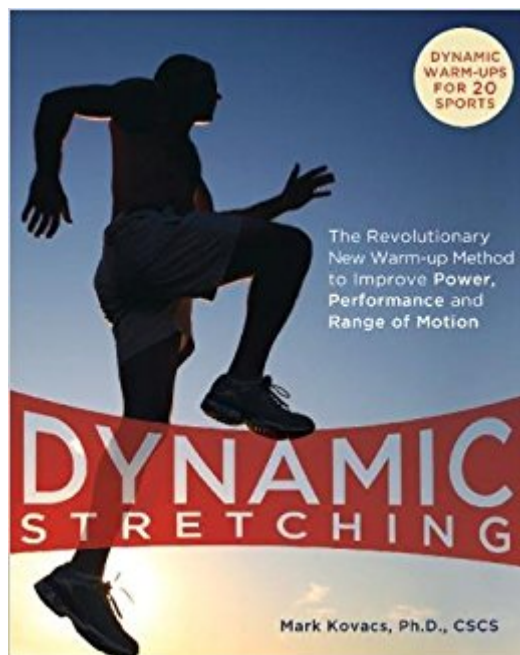




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Dynamic Stretching: The Revolutionary New Warm-up Method To Improve Power, Performance And Range Of Motion



Synopsis

RAISE YOUR GAME WITH THIS REVOLUTIONARY STRETCHING PROGRAM Today's fitness experts have discovered that both stretching and how you stretch can affect how well you perform on the field, court or track. That is why so many top trainers recommend dynamic stretches. Dynamic Stretching teaches how to effectively prepare your body for physical activity while simultaneously improving strength, power, speed, agility and endurance. With more than 50 exercises fully illustrated with step-by-step photos this book shows how to take your workouts and abilities to the next level:

- Develop full-body range of motion
- Enhance full-body motor control
- Increase flexibility, balance and muscular endurance
- Improve force generation and reaction time
- Correct major and minor muscle imbalances

Book Information

Paperback: 144 pages

Publisher: Ulysses Press; 1 edition (December 29, 2009)

Language: English

ISBN-10: 1569757267

ISBN-13: 978-1569757260

Product Dimensions: 0.2 x 7 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 53 customer reviews

Best Sellers Rank: #278,050 in Books (See Top 100 in Books) #52 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #451 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

Mark Kovacs Ph.D. is Manager of Sports Science for the United States Tennis Association Player Development. He was an All-American and NCAA doubles champion at Auburn University. After playing professionally, he pursued his graduate work in Exercise Science from Auburn University and a Ph.D. in Exercise Physiology from The University of Alabama. Dr. Kovacs is also a certified strength and conditioning specialist through the National Strength and Conditioning Association, a certified Health/Fitness Instructor through the American College of Sports Medicine, a United States Track and Field Level II sprints coach and also a USPTA certified tennis coach. Mark is also an author of the tennis conditioning text Tennis Training: Enhancing On-Court Performance and is

currently an Associate Editor of the Strength and Conditioning Journal.

As a soccer coach, I was very interested in this book because it covers dynamic stretching as opposed to traditional, static stretching, and I hoped it would give me some new (or more efficient) ideas. As someone who spends a good deal of time learning about athletic performance many of these exercises weren't new to me, but a few were. I mention that because if you don't spend as much time as I do, you will find A LOT of useful information and exercises, and even if you are well-versed, you could very well find some new exercises like I did. Pros:- Gives a primer on dynamic stretching (for the uninitiated); but it's short (for the initiated)- Lots of exercises- A picture for each step of each exercise- Sport-specific program for several sports including suggested number or reps/distance Cons:- Explanations are not always clear- The soccer "program" is fairly basic Bottom line: It's worth it for coaches, athletes, and individuals looking to begin or expand upon a dynamic stretching routine.

This is a fantastic book regardless if you are a coach or player. The author briefly explains the difference between dynamic stretching compared to static stretching and when you should do one versus the other. After the introduction it's straight into sport specific recommended routines. I like the recommendations but what makes this book great is the fact that it is not targeted on a single sport, it's comprehensive. I'm a soccer coach so obviously taking care of my players legs is important, but I also might want to work on the upper body range of motion as well, like a swimmer might (think goal keeper, upper body balance when striking a ball running and rotating). If you are a coach and you haven't yet incorporated dynamic stretching into your warm-up routine you really should. If you are a player and your coach doesn't reserve time for dynamic stretching during each training session and before each game, you should plan to arrive early and perform dynamic stretching on your own (or find a new coach). But don't take my word for it, read this book, highly recommend.

I was looking for a book on warmup as I have injured myself several times over the years and mostly because of improper warmup. It has warmup routines for multiple sports with easy to follow and good photos. I was able to create my own personal routine very quickly. I'd like to see this book sold with some videos that would help me understand some of the stretches in this book.

Really shows you how to do each exercise as well as providing routines by sport. I've mixed them

up and you can get some good mini-workouts out of this, even though it is stretching. Really think it helped with tightness before/after workouts.

I bought this book in order to change my bad habits of static stretching before I did any athletic activity. I am currently training for a triathlon, and this book has helped immensely in helping my transitions from one sport to the next. Very well priced, the photos are easy to follow (only youtubed a couple of the exercises), and the biggest help was the breakdown of the individual stretches for each sport.

Great book. Introduction is short, the focus of the book is really the exercises and plans. I don't follow a particular exercise program, so I just try to do all of the exercises i can given the amount of time i have. Some these won't work well for you if you are recovering from foot or leg injuries (e.g. jumping, running combination stretches may be too "high-impact"), but there are lots of other options. Some of these seem lame in that it doesn't look like you do too much, but if you focus your attention to the movement (both the stretch and contraction), you will benefit from it. I look forward to the "Scorpion" as it is a real hard one for me, but it feels so good once i'm done. It has a few typographical errors throughout, but nothing big. I would like a section devoted to dynamic stretches that may be good to support/prevent certain injuries such as plantar fasciitis or bursitis. I highly recommend this book. And for this price, it's cheaper than most lunches around here.

Easy to use and well updated. Some exercises need more explanation. A link to a youtube video would make it a 5 star

I use the workouts and information in this book to help plan my workouts for my runners. The workouts are great, fun, and do not require a high skill level to perform. Just a coach to help make sure the kids are performing them correctly with posture. Highly recommend for anyone coaching any sport!

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