



# Stretching Basics: Stretching & Flexibility for Sport, Lifestyle and Injury Prevention with Australia's Body Coach

*Paul Collins Mrc*

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## **Stretching Basics: Stretching & Flexibility for Sport, Lifestyle and Injury Prevention with Australia's Body Coach** Paul Collins Mrc

Stretching Basics is a user-friendly guide to achieving a more supple and flexible physique using your own body as resistance. It provides an introductory guide for stretching and flexibility for sport, lifestyle, and injury prevention. With step-by-step illustrated instructions for more than 50 exercises, readers will be able to improve flexibility and range of motion, as well as reduce muscular tension throughout the whole body. Also included is a testing and stretching routine for reducing lower back tension, and exercises that can be done quickly and easily, virtually anywhere.

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