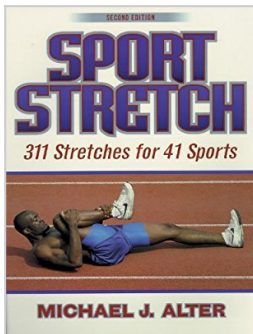


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By Michael J. Alter

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This new edition of *Sport Stretch* is a complete guide to flexibility for both weekend warriors and elite competitors. It features more stretches than the first edition, a new user-friendly layout, and more background information on the hows and whys of stretching.

The centerpieces of this comprehensive book are its illustrations and step-by-step guidelines for 311 different stretches. The stretches can be used individually or grouped with other stretches to form a personalized flexibility program.

Athletes looking to use the stretches to improve performance in a specific sport will love the book's Stretching Program section. It's full of handy tables that detail the most effective exercises for individual sports. There are sample programs for 41 sports in all!

Sport Stretch also provides a selection of "All Star" stretches. These include the single best stretches for 28 muscle groups and the 12 best stretches overall. The exercises are perfect to use for warming up and cooling down.

For those who are looking for background information on flexibility, this book explains the basic principles of stretching and describes how the body responds during stretching. Readers will discover what causes muscle soreness, how increased flexibility translates directly into better performance and lessens the chances of injury, and more.

Sport Stretch has everything athletes need to limber up and play their best. It takes the guesswork out of stretching by providing 311 exercises for 41 sports.

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""The American Running and Fitness Association has been recommending Sport Stretch since it first came out. This new edition is even better. Alter provides a smorgasbord of stretches, so it's easy to find one that works for you. No matter what your sport is, Alter can help your flexibility, and possibly your performance.""

Susan Kalish

Former Executive Director

American Running and Fitness Association

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