

Enciclopedia de Ejercicios de Estiramientos

Encyclopaedia of stretching exercises



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Publisher: [Editorial Pila Teleña](#) [3]

Year of Publication: 2009

Pages: 240

ISBN: 978-84-95353-61-0

Genre: Others

AUTUMN

2010

Season: AUTUMN 2010

Containing:

- An explanation of each exercise and the muscles involved
- General theory of muscle stretching
- Test to measure the grade of joint mobility of the different parts of the body
- Anatomical explanation of the muscle groups
- Dictionary of the technical terms employed
- Body and muscle movements for each exercise
- Tricks, assistance and recommendations for every level
- Most common injuries and how to prevent and treat them

Who is it aimed at? - Beginners – for its clear illustrations.

Intermediate and Advanced level – to help get over sticking points and correct mistakes.

Doctors and physiotherapists – for its scientific rigour.

Teachers, trainers and instructors: for its masterly explanations.

Sportspeople of all kinds – for its versatility.

Those who take care of their health and those who want to improve it – for its philosophy.

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