



Stretching Scientifically: A Guide to Flexibility Training

By Thomas Kurz



Stretching Scientifically: A Guide to Flexibility Training By Thomas Kurz

Stretching Scientifically tells you how to workout and what kept you from becoming more flexible faster. It tells you all the whys of dos and don'ts so now you will know how to develop your flexibility quickly and safely. You will know how to determine your potential flexibility (you will see if you have the potential to do front and side splits), how to make your muscles longer and stronger, and how to have your full range of motion without any warm-up.

Stretching Scientifically discusses all factors limiting flexibility (muscle tissue, connective tissue, and nervous system). Brilliantly simple tests of hip joint mobility and of your muscle length dispel common misconceptions on what limits your flexibility the most. You will learn how to develop each of the three kinds of flexibility (dynamic, static active, and static passive) to suit your athletic needs. Sensible design of exercises lets you stretch alone -- without a partner or equipment while the use of knowledge of methodology of sports training improves your flexibility instantly with only a few minutes of stretching daily.

Do you know that it takes only eight weeks to attain maximum dynamic flexibility? Only eight weeks to high kicks with no warm-up! If you work on it for any longer than that it means that you or your instructor is doing something wrong.

Learn:

- * How to stretch safely and quickly to achieve and maintain your maximum flexibility
- * How to make your muscles grow stronger and longer so you stay flexible all the time
- * How to attain maximum height in your kicks and to be able to kick at that height with no warm-up
- * How to do splits even if you are over 40 or 50
- * How to kick high and do splits with no warm-up
- * What exercises are "no-no's" if you want to stretch your muscles

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Editorial Review

From Scientific American

...Three items from Tom Kurz, athlete, instructor, coach, and graduate of the University School of Physical Education in Warsaw, Poland: a videotape **Secrets of Stretching**, and two books: **Stretching Scientifically** and **Science of Sports Training**. Tom presents a uniquely Eastern European look at this practical subject matter. The video chiefly focuses on the exercises and techniques necessary to achieve a dramatic full split position, while the books emphasize the technical aspect of stretching and sports training.

From [The New Yorker](#)

Rare are the books whose authors demonstrate the training methods they write about. **Stretching Scientifically** is one such book. This is a classic combination of knowledge with experience.

Works like this inspire trust...

Review

"Excellent anatomical and neurological explanation, and demonstration of dynamic, static active, isometric, and relaxed stretches. Great concept of sample workouts that show how to incorporate discussed principles of flexibility training into various sports. --

In **Stretching Scientifically**, there are some new ideas and some interesting twists on an old subject. The author is from the Eastern Bloc, and the book carries this slant with both information and methods of flexibility training. This text has value for the fitness professional with a high interests in the nuances of flexibility development. -- *Fitness Management*

Users Review

From reader reviews:

Rodney Wilson:

Book is usually written, printed, or highlighted for everything. You can recognize everything you want by a e-book. Book has a different type. As we know that book is important thing to bring us around the world. Adjacent to that you can your reading proficiency was fluently. A guide *Stretching Scientifically: A Guide to Flexibility Training* will make you to be smarter. You can feel a lot more confidence if you can know about anything. But some of you think that will open or reading some sort of book make you bored. It isn't make you fun. Why they might be thought like that? Have you looking for best book or ideal book with you?

Renee Oneal:

Spent a free a chance to be fun activity to complete! A lot of people spent their spare time with their family, or all their friends. Usually they carrying out activity like watching television, gonna beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could possibly be reading a book might be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to test look for

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Dolores Schreiber:

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Fred Scott:

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