



The Essential Guide to Stretching

Chrissie Gallagher-Mundy

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The Essential Guide to Stretching Chrissie Gallagher-Mundy

Chrissie Gallagher-Mundy's stretching program will help you

- ⌘ keep your muscles and joints mobile and flexible, reducing the risk of injury during exercise;
- ⌘ improve your posture and physical alignment, easing back pain and avoiding stiffness;
- ⌘ relax and unwind, relieving muscle tension and soothing aching joints.

You'll find

- ⌘ charts to help you determine your level of flexibility;
- ⌘ programs to follow, such as the "Morning Wake-Up Routine";
- ⌘ exercises for each body part;
- ⌘ warm-ups and cool-downs for different sports, from swimming to skiing, golf to gymnastics;
- ⌘ routines for stretching with a partner;
- ⌘ the latest techniques, from PFN stretching, which uses muscle contractions to "trick" your body into deeper stretches, to ballistic stretching, which prepares the body for more active exercises.

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