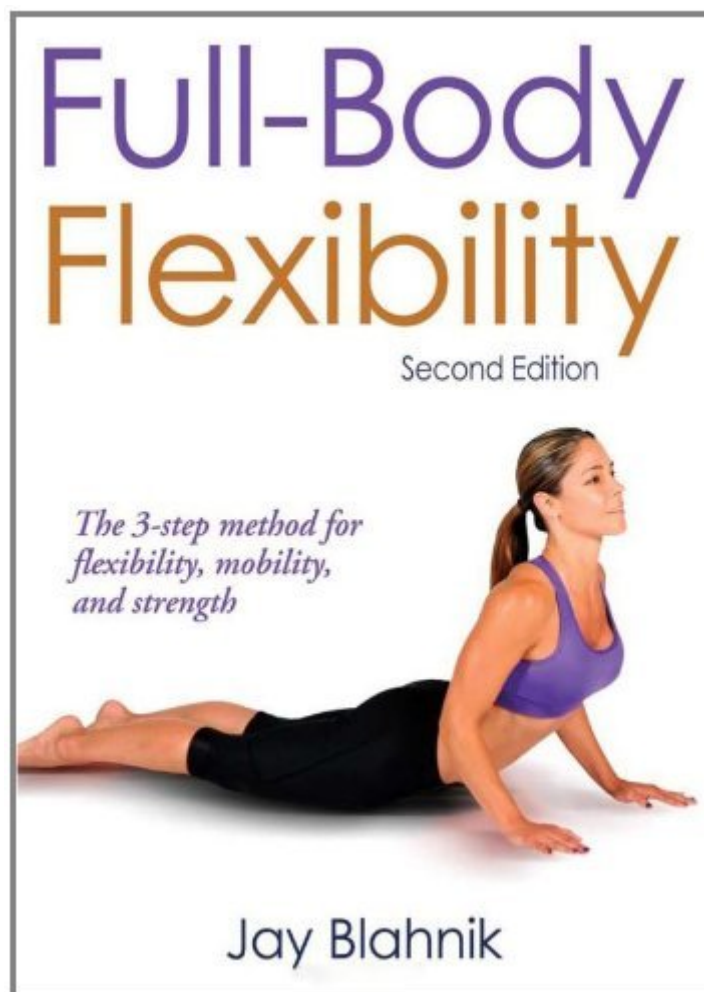


The book was found

Full-Body Flexibility



Synopsis

Develop flexibility, balance, and strength for improved performance on the athletic field, in fitness class, and in daily life. Premier fitness instructor and author Jay Blahnik blends the best of yoga, Pilates, martial arts, and sport training to create stretching sequences that can be used for warm-up, cool-down, and challenging fitness workouts.

Book Information

File Size: 6636 KB

Print Length: 272 pages

Publication Date: November 4, 2010

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B005EN951S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #483,721 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #107

in Kindle Store > Health, Fitness & Dieting > Exercise & Fitness > Stretching #374 in Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #559

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

This is a review of the book *Full-Body Flexibility* by Jay Blahnik. Taken directly from the book, Blahnik's 3-step Method for Flexibility, Mobility, and Strength includes:

- Step 1: Maximize your range of motion in each stretch.
- Step 2: Minimize the difference between passive and active flexibility around each joint and within each muscle group.
- Step 3: Equalize the range of motion in the left and right sides of the body as well as the front and back sides of the body.

This is a beautiful book. It is illustrated with clear color pages that include 175 individual stretches. Each stretch is shown with a picture and step-by-step instructions on how to perform the pose. The instructions are

precise and easy to follow. Blahnik has designed the book around 5 sections of the human body. Each chapter includes the major muscle groups of each of these 5 sections and the stretches for these muscles. He also includes a chapter of stretches which he calls "multiregion" and a chapter of stretches for Sport Mobility. One part of the book that I highly valued was the "Stretch Finder" charts. These charts include the names of the stretches, what region of the body is affected by each stretch, and the page number of the stretch in the book. They are well illustrated and easy to read. Part III of the book is titled "Fitness and Sport Routines". There are over 20 prepared routines such as: General Stretch Routines for Total Body, Sport Stretches, and Specialty Stretch Routines. The practices are illustrated with the poses and the page numbers where the pose can be found. The photos in the book portray ideal range of motion. Most people do not have ideal range of motion so it is unwise to try to achieve the stretch shown in the photos. If the reader skips the first two chapters and jumps straight to the exercises you will miss Blahnik's explanation of range of motion included in chapter two. A caution in each picture's instructions would be good. I read the procedures and discussion of range of motion several times before I felt comfortable with the described methods. There is a lot of information in chapter 2 for the reader to digest and I don't think it will sink in quickly. The "Ecosystem" may take a little understanding but the pictures are great; the individual pose instructions are clear and specific; and the charts are very useful. The stretching routines are well designed and flow easily. Overall, I loved this book and highly recommend it.

I was looking for a reference book that provides me with the basics of stretching and gives me a wide range of stretches in an easy to understand fashion to improve my flexibility doing martial arts. This book does it and I believe I don't need any other books on the topic for a long time. The first chapter provides some basics on the types of stretching and the pro's and con's, i.e. active vs passive and dynamic vs. static. The remainder of the book then focusses on a vast range of stretches looking at all the different muscle groups and a number of different stretches for them. Each stretch is clearly documented and supported by photos showing the different stretches. I bought the Kindle version and use the book on my iPad and have to say it is one of the better books on the iPad. Sometimes I find ebooks with illustrations are not well thought through when converted from print to electronic versions, but whether intentionally or not I didn't have an issue at all using the Kindle version of the book on the iPad. It probably won't look as good on a Kindle, since the illustrations are better in colour, but then I haven't tested it on my Kindle in comparison to the iPad.

All in all a great reference book for someone who wants a large variety of stretches to increase flexibility.

I have never really been that flexible. Always feeling really tight. As a martial artist I knew I had to do something or I'll have to have surgeries when I'm older, I'm only 25. I also suffer from head aches. I've bought several yoga books and DVDs but this was more geared towards my speed, the author has several different routines in the book for you to do. I'll do the stress free neck and shoulders routine which takes 10 minutes to help with my head aches, the basic stretch routine in the morning to start my day, and the strength training stretch routine after work outs. I also work for UPS and for several hours you lift boxes some over 100 lbs, so you need all the flexibility you can get when doing that type of work.

I just can't bend and twist like I could years ago, but that's no surprise. I bought this book to help me find ways to at least make improvements in my flexibility and it offers many, many stretches that have helped immensely. Don't misunderstand; I can't move through the range of motion of my teenage or early 20s, but for an elderly ol' grouch, it helps improve the motion (and the attitude)!

I'm no expert on this field, but I think this book has some great stretch and mobility exercises and good advice. The routines are very effective and easy to do. Much more pleasant than other stretch routines I had stumbled upon. I myself felt a big tightness relief from the very first routine I tried, and I've seen great improvement ever since. It's quite addictive. Also, it explains in a convincing way how to develop flexibility and range of motion in a symmetrical way. And I like its simple and direct take. No anatomic charts with scientific names of muscles and joints, just pictures showing the movements and a brief description of what they do. It may work for beginners who aren't interested yet in theory and advanced practitioners who already know all about it.

Full Body Flexibility is a first rate book on stretching. I bought the Kindle Version for my iPad, and I'm really happy with it. I can easily zoom the photos to see exactly how the stretch is to be done. Explanations are succinct and easily understood. The stretches are grouped by area of the body, and the groupings seem to make intuitive sense. This is probably the only stretching book you'll ever need. Highly recommended.

[Download to continue reading...](#)

The Full Box: Gift Set: Full House, Full Tilt, Full Speed, and Full Blast (Full Series) Hip Pain And

Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Full-Body Flexibility - 2nd Edition Full-Body Flexibility Anti Aging Secret of the Animals - Learn the Simple Somatic Movements That Can Cure Back Pain, Restore Your Flexibility and Rejuvenate Your Body to Its Natural, Youthful State Today! Pilates: 20 Minute Workouts for Strength, Weight Loss, and Flexibility. Improve Your Performance, Strengthen Your Core Muscles, and Change Your Body for Life. (Work out, Flat Stomach, Weight loss) The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body Barre Fitness: Barre Exercises You Can Do Anywhere for Flexibility, Core Strength, and a Lean Body Full Range Studies for Trombone: A complete system to develop and maintain your range, sound, endurance, and flexibility from Low E to Double High Bb ... and beyond! The Bath and Body Book: DIY Bath Bombs, Bath Salts, Body Butter and Body Scrubs Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1) BODY TALK: The Body Language Skills to Decode the Opposite Sex, Detect Lies, and Read Anyone Like a Book (Body Language Decoded) Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book) Full, Full, Full of Love Somatics: Reawakening The Mind's Control Of Movement, Flexibility, And Health T'Ai Chi for Seniors: How to Gain Flexibility, Strength, and Inner Peace

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)