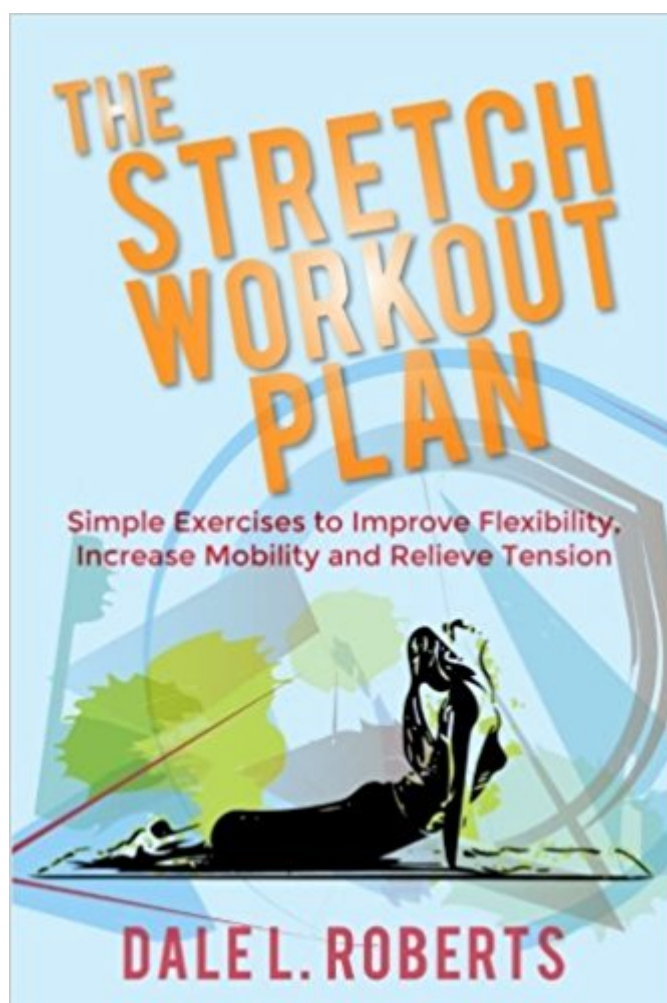


The book was found

The Stretch Workout Plan: Simple Exercises To Improve Flexibility, Increase Mobility And Relieve Tension



Synopsis

Relieve Tension, Reduce Pain, Move and Feel Better with these Stretching Exercises

What if a few easy exercises could dramatically improve how you feel, move and work in all aspects of your life? What if you could do more than you have ever done simply by adding a few simple stretches to your everyday routine? All the stress of life—whether from excessive sports play, overwork, or overuse of technology—increasingly taking a toll on your body. Symptoms can range from soreness to extreme pain. One safe, simple and productive way to address the problem is through exercises that can be done anywhere, anytime, and without special equipment—stretching.

#1 bestselling author, Dale L. Roberts, presents the remarkable findings of his study on stretching. Based on personal training experience, thorough research and clinical evidence—Roberts answers the question: what are the secrets of improving your quality of life? The book begins with clear, detailed descriptions of the benefits of stretching, different forms of stretching, and how to stretch correctly. It also focuses on the kinds of stretches most helpful in alleviating tension and recovering from everyday workouts and stress. Organized by key body parts and specific conditions, *The Stretch Workout Plan* presents stretch exercise programs accompanied by simple instructions that anyone can do.

"The Stretch Workout Plan" includes:

- Dozens of stretch exercises appropriate for most anyone
- Brief and simple instructions of each exercise with high quality pictures
- Multiple stretch workout plans for dozens of common flexibility problems
- Helpful guidelines and tips to get the most from your normal workouts
- Quick links to search between exercise program and description with ease
- Helpful tips on additional fitness tools to enhance your stretching
- And, much more!

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Customer Reviews

"The Stretch Workout Plan will help me and others to revolutionize their stretching. I have always been told to stretch before and after exercise, but this is the first time I have seen so many separate routines laid out, and they are categorized by goal and by the activity level of the person."-Reviewed By Mary DeKok Blowers for Readers' Favorite _____ "There are several plans in here to fit the individual's needs (properly formatted so that I can click the name of the stretch and Kindle will take me to a pictorial explanation of the stretch) that range from a light stretch to a _____; I earned this doughnut's workout."-Mana G (Verified Purchase) _____ "The great thing about purchasing this plan, for me, was that it has given me a good understanding of what stretching can do for my body and how effective it can be in my training. Also, it has taken me past doing the basic stretches that I remember from high school gym class and the few that I retained from the handful of yoga classes I've taken and it's given me an actual routine that I can modify and tailor for my own needs, fitness level, and time constraints."-Stevie Nicovic (Verified Purchase) _____ "I liked the straight forward, no B.S., conversational approach that the author takes, it made it much easier to read. At the same time, there was enough specific detail to let me know he had done his homework."-Jay Marshall (Verified Purchase) _____ "I found this particular book of Dale Roberts to be complete. (This is) as an excellent book for guiding the novice."-Douglas (Verified Purchase & Goodreads Review) _____ "If you are looking for a solution for aching muscles and more flexibility this is the book for you."-Caroline Byrne (Verified Purchase) _____ "I can honestly say I have (a) a greater range of motion when doing squats and walking feels a bit more natural. I do believe stretching is overlooked, Dale puts everything you need to know with easy to follow exercise."-Kevin (Verified Purchase) _____ "These are perfect stretches for folks in a chair all day or physically swinging the hammer all day."-Amy J Alt (Verified Purchase) _____

My name is Dale Lewis Roberts and I'm an American Council on Exercise Personal Trainer, Certified, with an ACE specialty certification in Senior Fitness. Since beginning my personal training career in 2006, I have earned numerous certifications in personal training, yoga, nutritional coaching, among others. I have worked with hundreds of clients with a variety of health & fitness

goals. While my greatest passions are health & fitness, writing and reading, I also love to spend time traveling with my wife, watching pro wrestling and playing guitar. I currently reside in Phoenix, Arizona, with my wife, Kelli, and our rescue cat, Izzie.

The problem with workouts, I've found, is that I never seem to take enough time to properly stretch when I start (much less when I finish). While these workout plans are indeed that- workouts, I've actually been using them this last week as a warm up/cool down plan. There are several plans in here to fit the individual's needs (properly formatted so that I can click the name of the stretch and Kindle will take me to a pictorial explanation of the stretch) that range from a light stretch to a 'I earned this doughnut' workout. Quite honestly, the ones I enjoy the most focus on the hips. On my own it's easy to remember to stretch the calves and arms, but the torso misses out. It's a shame, really- it's an easy way to build up core endurance. As such, I focused much more of my attention on these sections of the book than the 'total body' workout, but the total body workout plan that I did worked up a sweat: it was wonderful. All in all, I'm happy to have this in my library. I start an audiobook, go to this one, go to my bookmarks, and I start stretching. It's a good way to spend my early mornings. As a last note, I must mention that this book is well edited, organized, and VERY well formatted. Highly recommended. //I received an advanced copy in exchange for an honest review//

Since getting back into working out the last 2 years, I've learned that I can sometimes have trouble getting motivated to move. I can actually be in the gym and just be poking around because I'm not there yet mentally. What I used to do was go buy an energy drink or take a shot of C4 which is fine for some but I just never really liked that whole heart palpitation feeling. What I've now discovered is that if I treat myself to a nice full body stretch, I am magically in the mood to move afterward. The great thing about purchasing this plan, for me, was that it has given me a good understanding of what stretching can do for my body and how effective it can be in my training. Also, it has taken me past doing the basic stretches that I remember from high school gym class and the few that I retained from the handful of yoga classes I've taken and it's given me an actual routine that I can modify and tailor for my own needs, fitness level, and time constraints. Well worth the price of admission.

I received this book as an advanced promotional copy for an honest review. This book covers stretching the body for people just starting to exercise to more experienced trainers. This is more

of an academic book and very informative about the benefits gained and how to do the stretches. He writes from personal experience being a personal trainer and health enthusiast. The only negative thing I can say about the book, it is very technical. It reads kind of like a college book. Overall in my opinion it is a good book for any one wanting to get into or back into a training routine.

As a promotional copy participant I was given the opportunity to review Mr. Roberts recent book on stretching workouts. Very informative and educational . I learned how to use a foam roller properly. Three different levels of difficulty are broken down as well as exercises to do while standing, sitting, or kneeling. I have the kindle edition on my phone which is perfect for traveling either to the gym or a hotel. Terminology of the different exercises and pictures are available in a PDF format are a plus.If you are looking for a solution for aching muscles and more flexibility this is the book for you.

I've recently started working out and can say being in my forties this has been an interesting challenge in itself. I was in on the beta read, well started actually using some of the stretches for legs and hips. I can honestly say I have greater range of motion when doing squats and walking feels a bit more natural. I do beleive stretching is overlooked, Dale puts everything you need to know with easy to follow exercise.

This book will do the most for people that are starting or are already in a fitness program and either skip stretching or don't know how/when to do it. That's something I was struggling with until reading the book and I've noticed differences in my performance and how I feel after my workouts.I liked the straight forward, no B.S., conversational approach that the author takes, it made it much easier to read. At the same time, there was enough specific detail to let me know he had done his homework. The author being a former personal trainer really added value for me, gave me confidence that I could trust what I was reading. The author covering different types of stretching may have been the most useful for me as it pointed out that I was practicing a dangerous form of stretching.To put it bluntly, this book was informative, to the point, in terms everyone can understand and follow, and included detailed pictures for me to model. A few of the pictures were a little dark but that's to be expected with natural light settings, it didn't prevent me from understanding the stretches.Received advanced promotional copy for review purposes.I bought a copy afterwards to keep on my kindle app to use at the gym.

I found this particular book of Dale Roberts to be complete. It was a bit dry in delivery compared to

his other books but saw this as an excellent book for guiding the novice. Also, it could become a teacher's manual down the road with some tweaking. Getting it for 99 cents was a bonus.

The author does a great job educating us on the importance of stretching and the specific stretches to get us feeling fit and strong. These are perfect stretches for folks in a chair all day or physically swinging the hammer all day. Invest in a foam roller, a total game changer!

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