



Stretching The Video

M Mosston



Stretching The Video:

Bowker's Complete Video Directory, 2000 *Facilitated Stretching* Robert E. McAtee, 2013-11-14 Facilitated Stretching Fourth Edition With Online Video remains the most trusted resource for proprioceptive neuromuscular facilitation PNF stretching an effective and easy to use method that involves stretching the muscle contracting it isometrically against resistance and then stretching it again to increase range of motion Featuring a full color interior streamlined organization and a new online video package the fourth edition brings PNF stretching beyond the treatment room with the inclusion of techniques for the gym workout room and home The fourth edition offers a visual demonstration of PNF stretching techniques with more than 320 photos and illustrations It includes these updates A full color interior provides readers with clear images of the techniques discussed Graphic elements on selected photos highlight the muscles being stretched as well as the isometric effort for the stretcher and the partner Reorganization streamlines the content into two parts first focusing on the basics and then covering stretches Expanded content demonstrates how to incorporate stretches including strengthening routines into nontherapy workouts to optimize functional training An appendix showcases anatomical planes of motion anatomical terms and types of joints Online high definition video presents both treatment room techniques and simplified PNF stretches for nontherapy settings Facilitated Stretching Fourth Edition examines techniques and guidelines for PNF stretches in a variety of settings Stretches are demonstrated on a treatment table mat on the floor chair cable pulley machine and weightlifting bench Stretches are grouped according to each joint and the majority of the stretches include both a partner stretch version and a self stretch version The accompanying online video then demonstrates more than 90 of these stretches to reinforce proper technique for each stretch as well as four sample stretching routines Visual icons in the book indicate which stretches are shown in the video As in previous editions specific routines are included for cycling golf running swimming throwing and racket sports and now ice hockey It also includes general stretches for everyday use plus stretches for those with rusty hinges These ready made stretching routines make it easy to incorporate facilitated stretching into a workout regimen and take the guesswork out of organizing a stretching routine to match the needs of a specific sport For accomplished athletes or those just beginning a fitness program the regular use of facilitated stretching can help improve flexibility and coordination and boost performance and enjoyment of sports Manual therapists massage therapists athletic trainers personal trainers sport physicians and coaches will find valuable information and techniques for optimizing flexibility coordination and performance Facilitated Stretching Fourth Edition provides access to the latest PNF stretching techniques to help assess current muscle function improve range of motion increase strength address overuse injuries and enhance performance Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

Facilitated Stretching, 4E Robert McAtee, 2013-11-18 Facilitated Stretching Fourth Edition examines techniques and

guidelines for PNF stretches in a variety of settings Stretches are demonstrated on a treatment table mat on the floor chair cable pulley machine and weightlifting bench Stretches are grouped according to each joint and the majority of the stretches include both a partner stretch version and a self stretch version As in previous editions specific routines are included for cycling golf running swimming throwing and racket sports and now ice hockey It also includes general stretches for everyday use plus stretches for those with rusty hinges These ready made stretching routines make it easy to incorporate facilitated stretching into a workout regimen and take the guesswork out of organizing a stretching routine to match the needs of a specific sport Black Belt ,1998-04 The oldest and most respected martial arts title in the industry this popular monthly

magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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The book delves into Stretching The Video. Stretching The Video is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Stretching The Video, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Stretching The Video
- Chapter 2: Essential Elements of Stretching The Video
- Chapter 3: Stretching The Video in Everyday Life
- Chapter 4: Stretching The Video in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Stretching The Video. This chapter will explore what Stretching The Video is, why Stretching The Video is vital, and how to effectively learn about Stretching The Video.
3. In chapter 2, the author will delve into the foundational concepts of Stretching The Video. This chapter will elucidate the essential principles that must be understood to grasp Stretching The Video in its entirety.
4. In chapter 3, this book will examine the practical applications of Stretching The Video in daily life. This chapter will showcase real-world examples of how Stretching The Video can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Stretching The Video in specific contexts. The fourth chapter will explore how Stretching The Video is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Stretching The Video. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Stretching The Video.

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