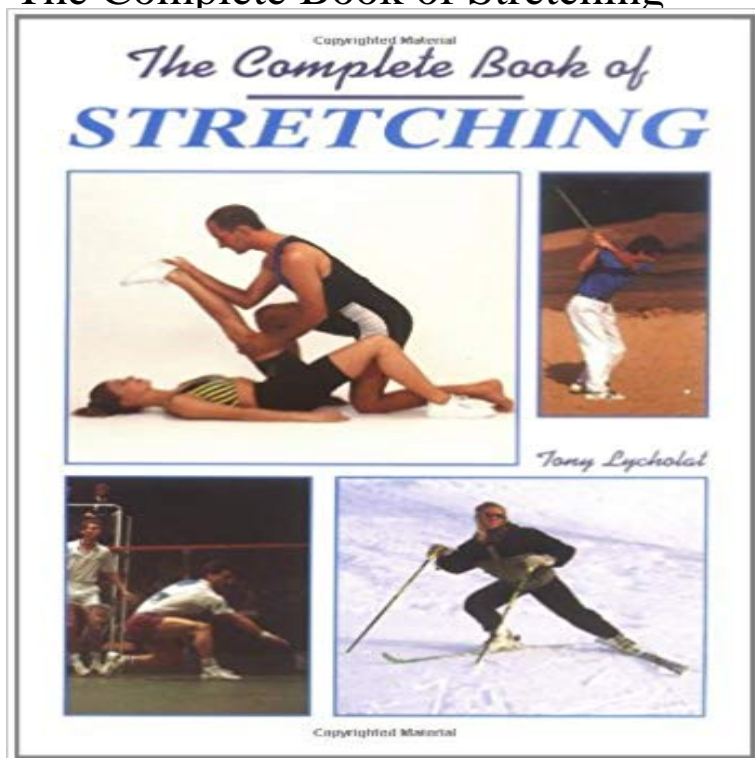


# The Complete Book of Stretching



In this book Tony Lycholat explains the principles of safe stretching which improve fitness, health, posture, and sports performance. In clear and precise terms, he details simple flexibility assessment, outlines sample programs, and provides progressive exercises for all parts of the body and explains PNF techniques. This fully illustrated book has become one of the standard works on the subject, and is suitable for anybody undertaking an exercise regime, whether as a preparation for sport or as part of a general fitness routine.

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