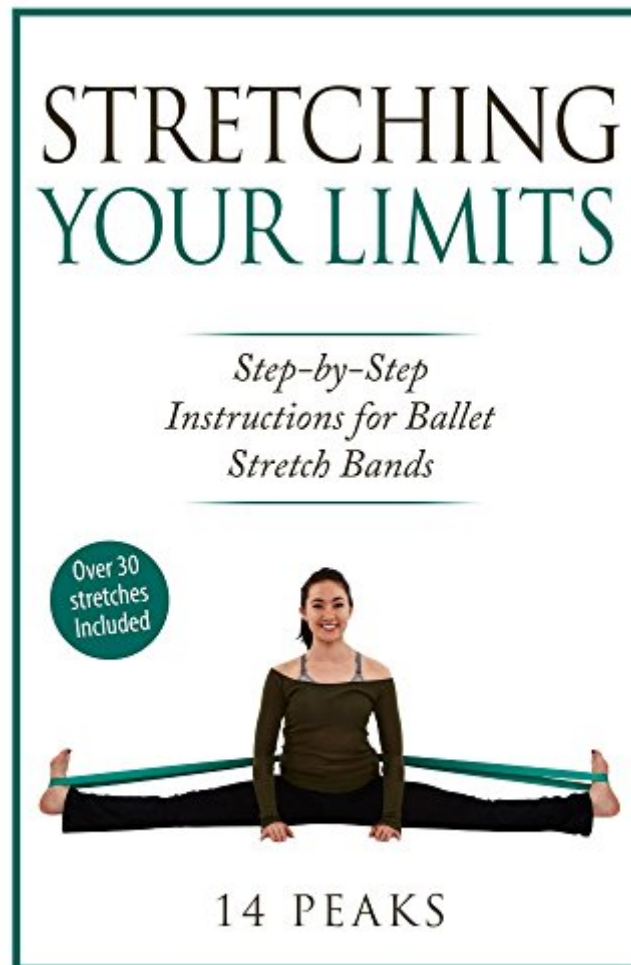


The book was found

# Stretching Your Limits: Over 30 Step By Step Instructions For Ballet Stretch Bands



## Synopsis

This book is ultimately designed to teach you to use the ballet stretch bands. It works well with all stretch band brands including Superiorband, Frank Frog, PlumBand, Zen Junkie, UpCircleSeven and more. In this book we will teach you how to stretch using stretch bands in your preparations, look at the necessity of warming up, and cooling down. It is particularly aimed at those who participate in; Dance Ballet Cheerleading Gymnastics There are more than 30 great stretches in this book. All of them have been carefully choreographed by a professional ballerina, using the stretch bands, and are accompanied by helpful step by step instructions, as well as photographs to let you see the exact positions you should strive for. We cannot over-emphasize the need to stretch properly and with this book and our stretch bands you<sup>TM</sup>ll be properly prepared, every time. Order your copy today and see how stretching with stretch bands can increase your flexibility and proficiency.

## Book Information

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## Customer Reviews

Chapter 1 Stretching: The Long and the Short of It explains exactly what stretching is, the different kinds of stretches, and the benefits of doing them. Chapter 2 Static Stretching: The Art of Letting Go

discusses the specific benefits, how these work internally, how long to hold them, and gives a few examples of this kind of stretch. Chapter 3 Dynamic Stretching discusses the benefits and gives a few examples of these kinds of stretches. Chapter 4 Warming It Up: What's the Big Deal? explains why warming up is important. Chapter 5 Cooling it Down: Stretching After Your Workout shares the importance of stretching after your workout and how to do it effectively. Chapter 6 How Muscles Work explains what muscles are, the different types of muscles and muscle contraction. Chapter 7 Myofascial Release covers what this is, its benefits, how its performed, locations on the body it's used on, and a few ways to do it on yourself. Chapter 8 Check Yourself: Common Errors in Stretching shares mistakes people make when stretching. Chapter 9 Looping it all Together: The Big Picture gives some tips for stretching, advantages of using a resistance, and an overview of topics covered so far. Chapter 10 Cool Tips and Hot Warm-Ups shares directions for specific movements and tips to maximize your warm-up. Chapter 11 Chill Out with These Cool shares directions for specific movements and tips for a great cool down. Chapter 12 Step by Step Stretch Band Instructions has a picture to illustrate the instructions. Chapter 13 Here's to Your Success! has some things to bear in mind. This is written in an accessible style and demystifies stretching and how it works to benefit your body.

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