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stretching by the Way it feels, without the of counting, The Stretch Reflex Your muscles protected by a mechanism called the stretch reflex_ Any you stretch the by stretching), a reflex by sending a signal to the

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New in 2015, the 30th Anniversary STRETCHING book is available in a condensed edition for convenience of size. It has been a popular version in many of our foreign translation publications so we thought we would make it available here.

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This 30th anniversary edition features two-color inks to better define the muscle groups helped by each stretching exercise. A new section focuses on office fitness exercises, helpful for both home and office computer users.

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