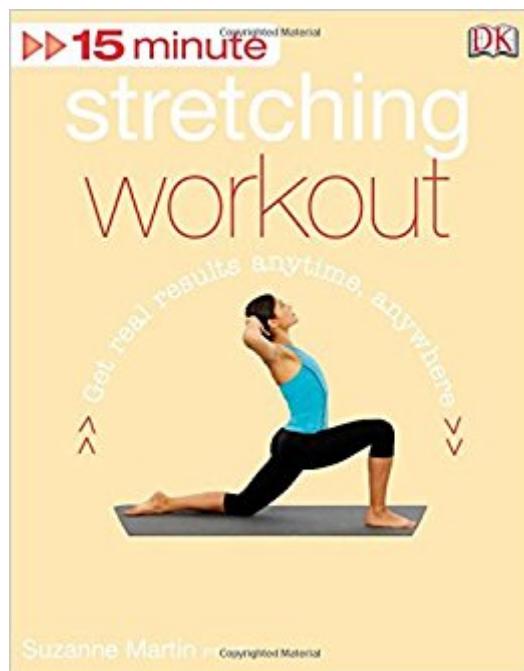


The book was found

15 Minute Stretching Workout + DVD



Synopsis

No time to exercise? No problem! With fold-out exercise charts and an exercise DVD, the 15-Minute Fitness Series gives readers everything they need to squeeze regular exercise sessions into even the most hectic day. Stretching is one of the most important-and most neglected-components of every workout. With the 15 Minute Stretching Workout you can learn to stretch like a pro!

Book Information

Series: 15 Minute

Paperback: 128 pages

Publisher: DK; 1 Pap/DVD edition (December 7, 2009)

Language: English

ISBN-10: 0756657288

ISBN-13: 978-0756657284

Product Dimensions: 7.4 x 0.5 x 9.5 inches

Shipping Weight: 1 pounds

Average Customer Review: 3.8 out of 5 stars 17 customer reviews

Best Sellers Rank: #752,173 in Books (See Top 100 in Books) #97 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #217 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts

Customer Reviews

Suzanne Martin is a doctor of physical therapy and a gold-certified Pilates expert. A former dancer, she is a Master trainer certified by the American Council of Exercise. Suzanne is the lead physical therapist for the Smuin Ballet in San Francisco and is also the author of 15-Minute Better Back Workout.

I had tried many different stretching books, techniques and videos. This book and coordinating DVD is by far the best ever. I used to hate to stretch and now I look forward to doing it everyday. She has four different 15 minute stretching routines on the DVD and pictures and instructions in the book. The first book she put out on stretching is also great but there is no DVD to go with it. Highly recommend to everyone.

I ordered a stretching workout DVD and a book came instead without the DVD. The slot that the DVD was suppose to be in was empty. This is miss leading. If I wanted a book I would have ordered

one. I wanted a DVD to work out too.

Easy to do. It is hard to believe that such little effort can lead to so much benefit. While these stretches are good for any age, if you are nearing or are over 40, these stretches become like therapy. Not only does Martin demonstrate the moves but she explains step by step what the moves are doing for your body. As we age, the connective tissue in our bodies begins to break down; inactivity leads to shortening of our muscles and tendons -- both causing painful symptoms of such things as Plantar Fasciitis, shoulder tightness, and low back pain. Martin has designed these stretches in such a way that targets these symptoms. At 48, I would not think of going without my 15 min stretch every morning.

Love all the books/CDs in this series, BUT not all the books have the CD's, otherwise I would have bought every routine in the series. Easy to follow with clear instructions both CD and book. Does not have that annoying bouncing "musak" dance music that most exercise CD's have, which I so appreciate.

I purchased this book because I noticed I was slouching more and more. This book is exactly what I needed to keep me standing and walking tall. I would recommend it to anyone. The moves are easy to do & if I can't do a particular stretch, I don't. It doesn't affect the rest of the workout. Glad I bought it!

If you do much workout and you need a fast, but good stretch after the workout then you should get this. It only takes 15 min. to get a good stretch. The book tells you about the stretches so you know how to do it, and what it is good for.

Shows how to appropriately stretch which aides in muscle tightness and migraines.

I like it! I am very pleased with it. Easy to follow, and covers all the muscles you want to stretch.

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Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) 15 Minute

Stretching Workout + DVD Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game (golf instruction, back pain, golf books, golf) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Back Stretching - Back Strengthening And Stretching Exercises For Everyone The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle ECG Workout: Exercises in Arrhythmia Interpretation (Huff, ECG Workout) Squats: The Best Butt Workout Revealed - How to Sculpt the Most Voluptuous Butt Ever with Squats (30, 60, & 90 Day Workout Plans) Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) 100+ Word Fill In Puzzle Book For Adults: The French Style Brain Teaser Crossword Puzzles With Fill In Words Puzzles for Total Brain Workout! (A Total Brain Workout Series) (Volume 1) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1)

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