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Stretching: 30th Anniversary Edition: Anderson, Bob ...

The book STRETCHING was first self-published by Bob and Jean Anderson in 1975 when fitness awareness was in its infancy. In 1980 Shelter Publications revised and published STRETCHING (Random House, the distributor) and since then STRETCHING has sold over three million copies in the U.S. and has been published in 24 languages for worldwide distribution.

Stretching!

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published in 1975 when fitness awareness was in its infancy. Stretching has since sold over two million copies in the USA and has been published in 24 foreign editions worldwide.

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Bob Anderson, author of the book STRETCHING, which has sold over 3 1/2 million copies and is published in 24 languages.

Amazon.com: Stretching DVD: Anderson, Robert: Movies & TV

Stretching by Anderson, Bob, 1945-; Anderson, Jean (Jean E.) Publication date 2010 Topics Stretching exercises Publisher Bolinas, Calif. : Shelter Publications ... description of 4 types of stretching, including dynamic stretching for athletes." Access-restricted-item true Addeddate 2010-09-15 20:51:27 Boxid IA127708 Camera Canon EOS 5D Mark II ...

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Free PDF Download Books by Bob Anderson. This is the book that people tell their friends about, that trainers recommend for virtually every sport and activity, and that medical professionals recommend ... and that medical professionals recommend to people just starting to get back in shape. Stretching first appeared in 1980 as a new generation ...

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The developmental stretch fine-tunes the and increases flexibility, Breathing breathing Should be

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Slow, rhythmical, and under control. If you are bending to do a stretch, go then slowly the stretch. Do not hold your breath While stretching, If a stretch inhibits your natural pattern, you not ease up the Stretch you Counting

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Bob Anderson - Stretching

Bob Anderson has taught stretching for over 30 years. Jean Anderson developed the art technique used to illustrate the book. tle, simple activity that can be done by anyone, anywhere, at any time.

Stretching: Pocket Book Edition by Bob Anderson - PDF free ...

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Bob Anderson Biography Here is the "About the Authors" section from Stretching: Bob Anderson was born in 1945 in Fullerton, California and is a graduate of California State University at Long Beach, with a lifetime teaching credential in physical education.

Bob Anderson Biography

Bob Anderson has taught stretching for over 30 years. Jean Anderson developed the art technique

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used to illustrate the book. Table of Contents. Getting Started 7. Introduction 8. Who Should Stretch 10. When to Stretch 10. Why Stretch 11. How to Stretch 12. Warming Up & Cooling Down 14.

Stretching: Pocket Book Edition by Bob Anderson, Jean ...

Stretching by Bob Anderson hit the scene in 1980, way ahead of its time, when a lot of ordinary people were getting interested in fitness and were starting to run, cycle, and work out. It had stretching routines for these beginners, as well as for serious competitive athletes. It also included general stretches for everyday activities.

Stretching by Bob Anderson | Super Strength Training

Editions for Stretching: 0936070226 (Paperback published in 2000), 0936070463 (Paperback published in 2010), 0394738748 (Paperback published in 1980), 09...

Editions of Stretching by Bob Anderson - Goodreads

BEFORE WORK STRETCHES Taken from: Stretching by Bob Anderson Plus@ ealth Computer & Desk Stretches Approximately 4 Minutes Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff.

COMPUTER DESK STRETCHES - Elon University

Expanding his publishing pursuits, Anderson put out The Home Medical Book Series; published in cooperation with the Palo Alto Medical Foundation for Health Care, Research and Education. Career change. In 1984, Bob Anderson sold Runner's World to Robert Rodale of Rodale Press, who moved the editorial offices to Emmaus, Pennsylvania.

Bob Anderson (runner) - Wikipedia

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Stretching is a form of physical exercise in which a specific muscle or tendon (or muscle group) is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion. Stretching is also used therapeutically to alleviate cramps and to improve function in ...

Stretching - Wikipedia

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