



Dynamic Stretching: The Revolutionary New Warm-up Method to Improve Power, Performance and Range of Motion

By Mark Kovacs

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Dynamic Stretching: The Revolutionary New Warm-up Method to Improve Power, Performance and Range of Motion, Mark Kovacs, RAISE YOUR GAME WITH THIS REVOLUTIONARY STRETCHING PROGRAM Today's fitness experts have discovered that both stretching and how you stretch can affect how well you perform on the field, court or track. That is why so many top trainers recommend dynamic stretches. Dynamic Stretching teaches how to effectively prepare your body for physical activity while simultaneously improving strength, power, speed, agility and endurance. With more than 50 exercises--fully illustrated with step-by-step photos--this book shows how to take your workouts and abilities to the next level: *Develop full-body range of motion *Enhance full-body motor control *Increase flexibility, balance and muscular endurance *Improve force generation and reaction time *Correct major and minor muscle imbalances.



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