



Stretching Scientifically: A Guide to Flexibility Training

By Thomas Kurz

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Stretching Scientifically: A Guide to Flexibility Training By Thomas Kurz

Stretching Scientifically tells you how to workout and what kept you from becoming more flexible faster. It tells you all the whys of dos and don'ts so now you will know how to develop your flexibility quickly and safely. You will know how to determine your potential flexibility (you will see if you have the potential to do front and side splits), how to make your muscles longer and stronger, and how to have your full range of motion without any warm-up.

Stretching Scientifically discusses all factors limiting flexibility (muscle tissue, connective tissue, and nervous system). Brilliantly simple tests of hip joint mobility and of your muscle length dispel common misconceptions on what limits your flexibility the most. You will learn how to develop each of the three kinds of flexibility (dynamic, static active, and static passive) to suit your athletic needs. Sensible design of exercises lets you stretch alone -- without a partner or equipment while the use of knowledge of methodology of sports training improves your flexibility instantly with only a few minutes of stretching daily.

Do you know that it takes only eight weeks to attain maximum dynamic flexibility? Only eight weeks to high kicks with no warm-up! If you work on it for any longer than that it means that you or your instructor is doing something wrong.

Learn:

- * How to stretch safely and quickly to achieve and maintain your maximum flexibility
- * How to make your muscles grow stronger and longer so you stay flexible all the time
- * How to attain maximum height in your kicks and to be able to kick at that height with no warm-up
- * How to do splits even if you are over 40 or 50
- * How to kick high and do splits with no warm-up

* What exercises are "no-no's" if you want to stretch your muscles

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Editorial Review

From Scientific American

...Three items from Tom Kurz, athlete, instructor, coach, and graduate of the University School of Physical Education in Warsaw, Poland: a videotape **Secrets of Stretching**, and two books: **Stretching Scientifically** and **Science of Sports Training**. Tom presents a uniquely Eastern European look at this practical subject matter. The video chiefly focuses on the exercises and techniques necessary to achieve a dramatic full split position, while the books emphasize the technical aspect of stretching and sports training.

From [The New Yorker](#)

Rare are the books whose authors demonstrate the training methods they write about. **Stretching Scientifically** is one such book. This is a classic combination of knowledge with experience.

Works like this inspire trust...

Review

"Excellent anatomical and neurological explanation, and demonstration of dynamic, static active, isometric, and relaxed stretches. Great concept of sample workouts that show how to incorporate discussed principles of flexibility training into various sports. --

In **Stretching Scientifically**, there are some new ideas and some interesting twists on an old subject. The author is from the Eastern Bloc, and the book carries this slant with both information and methods of flexibility training. This text has value for the fitness professional with a high interest in the nuances of flexibility development. -- *Fitness Management*

Users Review

From reader reviews:

Daniel Trimble:

Book is actually written, printed, or created for everything. You can recognize everything you want by a e-book. Book has a different type. As it is known to us that book is important issue to bring us around the world. Close to that you can your reading skill was fluently. A publication Stretching Scientifically: A Guide to Flexibility Training will make you to become smarter. You can feel a lot more confidence if you can know about every thing. But some of you think in which open or reading a book make you bored. It is far from make you fun. Why they may be thought like that? Have you in search of best book or appropriate book with you?

Maria Huffman:

Information is provisions for people to get better life, information today can get by anyone with everywhere. The information can be a information or any news even a problem. What people must be consider while those information which is in the former life are challenging to be find than now's taking seriously which one is suitable to believe or which one the actual resource are convinced. If you receive the unstable resource

then you get it as your main information there will be huge disadvantage for you. All those possibilities will not happen inside you if you take Stretching Scientifically: A Guide to Flexibility Training as the daily resource information.

Lester Gibbons:

People live in this new time of lifestyle always aim to and must have the extra time or they will get lots of stress from both everyday life and work. So , when we ask do people have extra time, we will say absolutely sure. People is human not really a robot. Then we request again, what kind of activity are there when the spare time coming to you actually of course your answer will unlimited right. Then do you ever try this one, reading books. It can be your alternative in spending your spare time, the book you have read is actually Stretching Scientifically: A Guide to Flexibility Training.

Alexandra Robbins:

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