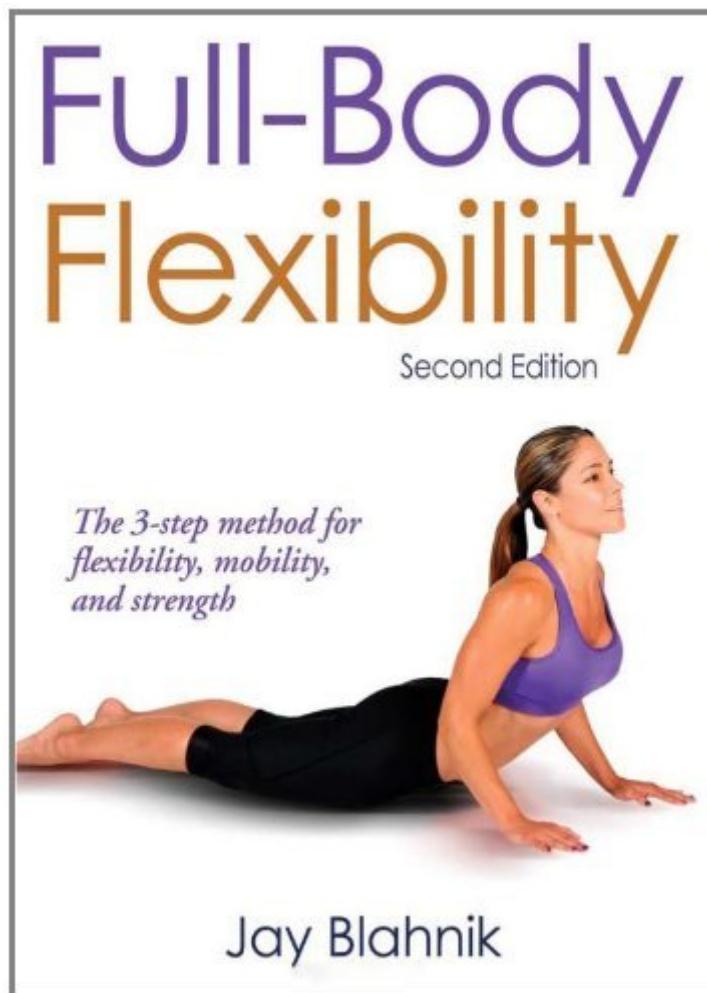


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# Full-Body Flexibility



## Synopsis

Develop flexibility, balance, and strength for improved performance on the athletic field, in fitness class, and in daily life. Premier fitness instructor and author Jay Blahnik blends the best of yoga, Pilates, martial arts, and sport training to create stretching sequences that can be used for warm-up, cool-down, and challenging fitness workouts.

## Book Information

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## Customer Reviews

This is a review of the book "Full-Body Flexibility", by Jay Blahnik. Taken directly from the book, Blahnik's "3-step Method for Flexibility, Mobility, and Strength" includes:  
Step 1: Maximize your range of motion in each stretch.  
Step 2: Minimize the difference between passive and active flexibility around each joint and within each muscle group.  
Step 3: Equalize the range of motion in the left and right sides of the body.  
This is a beautiful book. It is illustrated with clear color pages that include 175 individual stretches. Each stretch is shown with a picture and step-by-step instructions on how to perform the pose. The instructions are precise and easy to follow. Blahnik has designed the book around 5 sections of the human body. Each chapter includes

the major muscle groups of each of these 5 sections and the stretches for these muscles. He also includes a chapter of stretches which he calls "multiregion" and a chapter of stretches for Sport Mobility. One part of the book that I highly valued was the "Stretch Finder" charts. These charts include the names of the stretches, what region of the body is affected by each stretch, and the page number of the stretch in the book. They are well illustrated and easy to read. Part III of the book is titled "Fitness and Sport Routines". There are over 20 prepared routines such as: General Stretch Routines for Total Body, Sport Stretches, and Specialty Stretch Routines. The practices are illustrated with the poses and the page numbers where the pose can be found. The photos in the book portray ideal range of motion. Most people do not have ideal range of motion so it is unwise to try to achieve the stretch shown in the photos. If the reader skips the first two chapters and jumps straight to the exercises you will miss Blahnik's explanation of range of motion included in chapter two. A caution in each picture's instructions would be good. I read the procedures and discussion of range of motion several times before I felt comfortable with the described methods. There is a lot of information in chapter 2 for the reader to digest and I don't think it will sink in quickly. The "system" may take a little understanding but the pictures are great; the individual pose instructions are clear and specific; and the charts are very useful. The stretching routines are well designed and flow easily. Overall, I loved this book and highly recommend it.

I was looking for a reference book that provides me with the basics of stretching and gives me a wide range of stretches in an easy to understand fashion to improve my flexibility doing martial arts. This book does it and I believe I don't need any other books on the topic for a long time. The first chapter provides some basics on the types of stretching and the pro's and con's, i.e. active vs passive and dynamic vs. static. The remainder of the book then focusses on a vast range of stretches looking at all the different muscle groups and a number of different stretches for them. Each stretch is clearly documented and supported by photos showing the different stretches. I bought the Kindle version and use the book on my iPad and have to say it is one of the better books on the iPad. Sometimes I find ebooks with illustrations are not well thought through when converted from print to electronic versions, but whether intentionally or not I didn't have an issue at all using the Kindle version of the book on the iPad. It probably won't look as good on a Kindle, since the illustrations are better in colour, but then I haven't tested it on my Kindle in comparison to the iPad. All in all a great reference book for someone who wants a large variety of stretches to increase flexibility.

I have never really been that flexible. Always feeling really tight. As a martial artist I knew I had to do something or I'll have to have surgeries when I'm older, I'm only 25. I also suffer from head aches. I've bought several yoga books and DVDs but this was more geared towards my speed, the author has several different routines in the book for you to do. I'll do the stress free neck and shoulders routine which takes 10 minutes to help with my head aches, the basic stretch routine in the morning to start my day, and the strength training stretch routine after work outs. I also work for UPS and for several hours you lift boxes some over 100 lbs, so you need all the flexibility you can get when doing that type of work.

I just can't bend and twist like I could years ago, but that's no surprise. I bought this book to help me find ways to at least make improvements in my flexibility and it offers many, many stretches that have helped immensely. Don't misunderstand; I can't move through the range of motion of my teenage or early 20s, but for an elderly ol' grouch, it helps improve the motion (and the attitude)!

I'm no expert on this field, but I think this book has some great stretch and mobility exercises and good advice. The routines are very effective and easy to do. Much more pleasant than other stretch routines I had stumbled upon. I myself felt a big tightness relief from the very first routine I tried, and I've seen great improvement ever since. It's quite addictive. Also, it explains in a convincing way how to develop flexibility and range of motion in a symmetrical way. And I like its simple and direct take. No anatomic charts with scientific names of muscles and joints, just pictures showing the movements and a brief description of what they do. It may work for beginners who aren't interested yet in theory and advanced practitioners who already know all about it.

Full Body Flexibility is a first rate book on stretching. I bought the Kindle Version for my iPad, and I'm really happy with it. I can easily zoom the photos to see exactly how the stretch is to be done. Explanations are succinct and easily understood. The stretches are grouped by area of the body, and the groupings seem to make intuitive sense. This is probably the only stretching book you'll ever need. Highly recommended.

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