



Stretching Bible (the 30th anniversary of the new revision)(Chinese Edition)

BAO BAI AN DE SEN Bob Anderson



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Paperback. Pub Date: 2011. Pages: 232 Language: Traditional Chinese Publisher: Prentice - Corporation selling the world for 30 years. selling more than 3.5 million. 30 new revisions. color printing. new practical content - (1) for the office workers and the needs of computer users. an increase of 8 new stretching techniques. (2) provide the Office of the human factors engineering tips. prevention of repetitive motion injury. (3) the specific description of the four different types of stretching. including professional athletes use dynamic stretch. The stretch is very simple. mild exercise. no matter when. where. and everyone can do. The principle of the world's most famous stretch authoritative Anderson book. consolidated their years of experience. you a detailed analysis of each stretching method to teach you how to gradually stretch the muscles. Anderson for all parts of t...

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