



# Stretching Exercises Encyclopedia

By Oscar Moran, Isabel Arechabala

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*Stretching Exercises Encyclopedia* offers a general theory of muscle stretching. Anatomical pictures explain the different muscle groups involved in each exercise. A test to measure the degree of joint mobility is also included. Helpful tricks, tips and recommendations for all proficiency levels complete the encyclopedia.

Furthermore, each exercise includes information about the movement one needs to perform, the posture that one must adopt, common mistakes that should be avoided, the principal and secondary muscles worked with this exercise as well as a series of very useful tips and advice. Any athlete will realize how regular stretching can improve their physical body shape and their quality of life.

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### About the Author

Oscar Moran is a professor of Physical Education and a national weightlifting and bodybuilding trainer, fitness sports technician, sports nutrition technician and an expert in martial arts. He has been a member of the board at the International Federation of Physical Education and has published several books and dozens of articles in specialized magazines. Isabel Arechabala has a Bachelor's Degree in Fine Arts from the Complutense Faculty of Madrid. Since 1982, she has been working in the fields of illustration and graphic design. She successfully combines her work as an illustrator/graphic designer and her job as a professor of illustration and computer graphic design.

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