



The Flexibility Manual (Discography Series,)

Howard K. Peters Jr.

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This is an approach to stretching unlike any that the reader has learned in the past, one that has been tested and proven successful by thousands of individuals and many organized teams.

The Flexibility Manual is not just another reference book for your sports library shelf. It is a truly functional guide and one that you will use again and again.

Because of its simplicity and conciseness, the Manual may be deceiving at first, but regular use will make the validity of its content apparent and its impact on your flexibility training will be considerable.

The Manual addresses varying levels of inflexibility for athletes and non-athletes of all ages. Step-by-step photographs and clear, sensible text, in a convenient user-friendly spiral binding, allow the Manual to be used successfully by everyone.

By integrating basic physiology with practical application, The Flexibility Manual cuts through the incomplete, potentially hazardous and ill-conceived procedures of stretching presented in much of the current literature and on the athletic field.

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