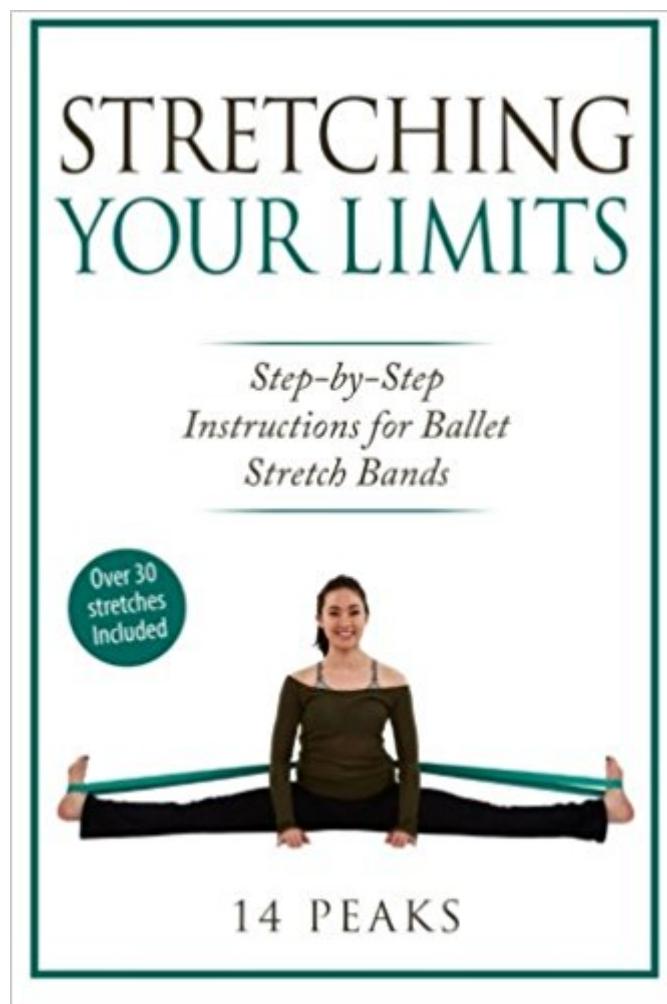


The book was found

Stretching Your Limits: 30 Step By Step Stretches For Ballet Stretch Bands



Synopsis

It's a long stretch to the top...we'll help you get there! With step-by-step instructions in this book, you will learn how to use ballet stretch bands to gain more flexibility. This book is for those who have dance stretch bands. Some popular brands are Superiorband, Frank Frog, PlumBand, Pro Balance, Zen Junkie, UpCircleSeven, Superflexx, Capezio and Syperr. You can get latex free if you need it and in colors from green to pink to purple. You'll want to make sure they fit you or your child and are not cheaply made. Some even have a free nylon bag or are sold in a lot. It is great for a small training space. Within the pages of this book, you will not only be taught how to stretch efficiently and effectively, you will also learn the necessity of warming up, and cooling down. It is particularly aimed at those who participate in: Dance, Ballet, Cheerleading, Gymnastics, Rhythmic Workout. There are more than 30 great stretches in this book. All of them have been carefully choreographed by a professional ballerina, using the stretch bands, and are accompanied by helpful step by step instructions, as well as photographs to let you see the exact positions to strive for. Dancers, gymnasts, kids and adults can benefit from these stretches with the resistance loops. These can also be used with the barre workouts. The need to stretch properly cannot be over-emphasized. With this book and a great set of stretch bands, you'll be properly prepared to stretch yourself to the top. Order your copy today and see how stretching with stretch bands can increase your flexibility, proficiency and ultimately, your performance because...that's what it's all about.

Book Information

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Customer Reviews

I am a dancer and am always looking for more effective ways to stretch. I stretched using some methods in this book & felt great afterwards. This book was a Godsend because I've really been stuck at my current flexibility for a while and have definitely wanted to improve. I'd suggest this to anyone looking to improve their flexibility (not just dancers!). -AC dancer

I am an adventure seeker who loves sports and winning. Getting to the top of a game fascinates me. As an athlete I enjoy teaching others how to get the most out of their ability. After 25 years of coaching I am putting together new teams; team of authors,illustrators, designers and dreamers. I have learned how to build teams as a coach and finding the best team for my books is crucial and invigorating. I appreciate our readers and look forward to taking them to new heights through our books.

At the age of 37 I have noticed a lot of changes in my body that I am not 100% happy with, and one of those changes is a loss of flexibility. I am a fairly active person, but I have noticed that my muscles get sore and tired a lot faster than they used to. I really enjoy this book. It explains the importance of stretching, the different types of stretching, the benefits of stretching, how to relieve muscle pain and so much more. The stretches that are detailed in this book have pictures to accompany them, which is helpful but if you are like me you may want to look up a video online of any of the more complicated stretches to make sure that you are doing them right. I purchased this product at a discount in exchange for writing a review based on the results of my testing it. I am not affiliated with this company and I did not promise to write a positive review when the offer was made. I tested this product thoroughly and do my best to provide detailed reviews to other customers so they may make informed decisions about their future purchases. The views expressed here are completely my own and are in no way influenced by the promotion I received.

There is a lot of information in this book about stretching. There are some stretches that I found helpful to use with my resistance loops. You WILL need to have resistance LOOPS not resistance BANDS to do a vast majority of the stretches shown in this book. I would not recommend this to someone who doesn't have some sort of natural flexibility however as majority of the stretches seem pretty intense and the average person could easily get injured I would think. I was lucky enough to receive this product for free or at a discounted price in exchange for an unbiased and honest review. All opinions expressed are my own. I am not affiliated with this company or seller in any manner. If you have any questions or want an update, feel free to ask as I will answer honestly.

I recently purchased stretch bands for exercising and found this book to be extremely helpful! It summarizes the importance of stretching your body, how it effects the body in a positive aspect, and the different types of stretches one can do. It helps explain the different stretches for warming up as well as cooling down. Towards the end of this book it also illustrates the different stretches and how you can properly do them by step by step instructions. I am not extremely flexible and want to stretch my body properly to avoid soreness or injury to my body. I enjoyed how I got this on my kindle app which is downloaded to my iPhone. This is perfect because when I'm working out I can quickly pull up the book and look at the different stretches to accomplish during my workout! I have received this e-book for free for my 100% honest opinion.

A basic book on stretching. I also got resistance bands and a yoga band so I can start getting more limber. The book was informative in the types of stretches and how to do them. I'm still in the beginner stages and this is a good beginner ebook. I found a majority of the stretches easy to do. You can start and advance in different stretches and you become more flexible and limber.* I received this ebook at a discounted price in exchange for my honest review/opinion.

Great, informative book! I'm glad I read it. It gave good examples of stretches and how to do them. It also gave reasons for the importance of stretching.

I really enjoyed this book. It's overall a good read and worth reading. I would highly recommend it. I received this product at a discounted price in exchange for my honest and unbiased review. I only write a review after I've used the product to the extent that I feel confident I could write a true and accurate review. I base my review on the actual sale price of the item and not my discounted price. The review is my personal opinion and has not been persuaded by anyone. If my review has helped you please click the "Yes" button below.

This is a really helpful book for anyone trying to get back into shape safely. I danced for years but have been lax in keeping up with it over the past few years, so I bought a stretch band and got this book to help ease me back in. I have to say the stretches I've tried so far work really well and the writing/instructions are very helpful and clear. I definitely recommend it. Disclaimer: I received this item at a discount in exchange for my honest review.

This book was awesome! I used to do ballet and as I've gotten older I'm not as limber. These stretches really took me back. They work so well and are easy to do at home. It was a very thorough step by step walk through of each stretch so you know you were getting each one right. A definite good read/workout.*I received this book at a discount rate/free for my honest review. All opinions are solely my own

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