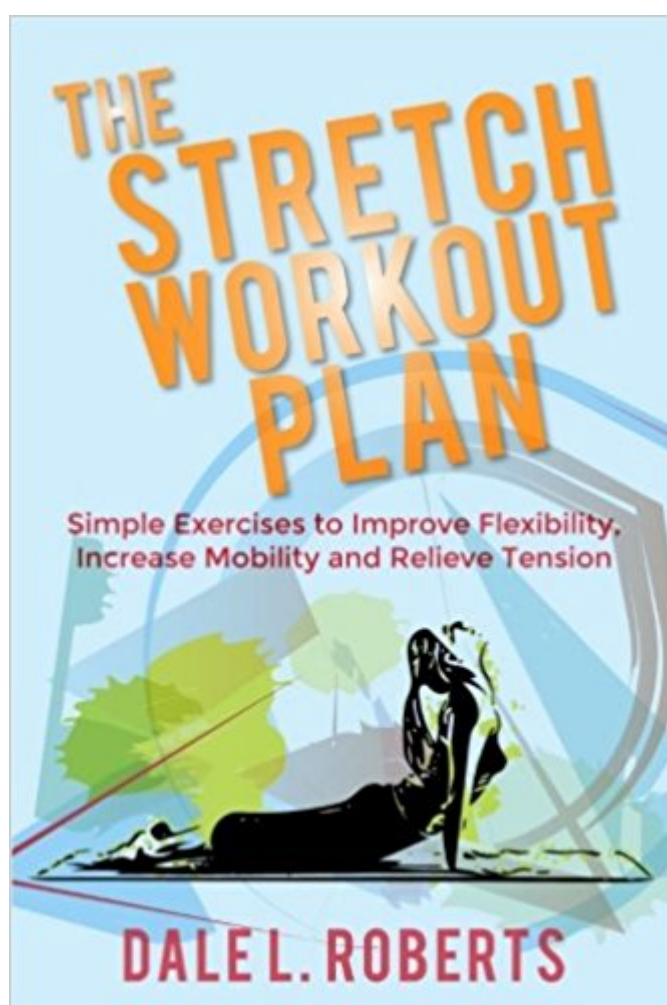


The book was found

# The Stretch Workout Plan: Simple Exercises To Improve Flexibility, Increase Mobility And Relieve Tension



## Synopsis

Relieve Tension, Reduce Pain, Move and Feel Better with these Stretching Exercises

What if a few easy exercises could dramatically improve how you feel, move and work in all aspects of your life? What if you could do more than you have ever done simply by adding a few simple stretches to your everyday routine? All the stress of life—whether from excessive sports play, overwork, or overuse of technology—is increasingly taking a toll on your body. Symptoms can range from soreness to extreme pain. One safe, simple and productive way to address the problem is through exercises that can be done anywhere, anytime, and without special equipment—stretching.

#1 bestselling author, Dale L. Roberts, presents the remarkable findings of his study on stretching. Based on personal training experience, thorough research and clinical evidence—Roberts answers the question: what are the secrets of improving your quality of life? The book begins with clear, detailed descriptions of the benefits of stretching, different forms of stretching, and how to stretch correctly. It also focuses on the kinds of stretches most helpful in alleviating tension and recovering from everyday workouts and stress. Organized by key body parts and specific conditions, *The Stretch Workout Plan* • presents stretch exercise programs accompanied by simple instructions that anyone can do.

"The Stretch Workout Plan" includes:

- Dozens of stretch exercises appropriate for most anyone
- Brief and simple instructions of each exercise with high quality pictures
- Multiple stretch workout plans for dozens of common flexibility problems
- Helpful guidelines and tips to get the most from your normal workouts
- Quick links to search between exercise program and description with ease
- Helpful tips on additional fitness tools to enhance your stretching
- And, much more!

Why Wait Any Longer? Scroll Up and Click the Buy Button NOW!

## Book Information

Paperback: 106 pages

Publisher: CreateSpace Independent Publishing Platform (January 26, 2016)

Language: English

ISBN-10: 1511682485

ISBN-13: 978-1511682480

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.9 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 17 customer reviews

Best Sellers Rank: #582,418 in Books (See Top 100 in Books) #27 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #82 in Books > Health, Fitness & Dieting >

## Customer Reviews

"The Stretch Workout Plan will help me and others to revolutionize their stretching. I have always been told to stretch before and after exercise, but this is the first time I have seen so many separate routines laid out, and they are categorized by goal and by the activity level of the person."-Reviewed By Mary DeKok Blowers for Readers' Favorite\_\_\_\_\_

"There are several plans in here to fit the individual's needs (properly formatted so that I can click the name of the stretch and Kindle will take me to a pictorial explanation of the stretch) that range from a light stretch to a \_\_\_\_\_; I earned this doughnut's workout."-Mana G ( Verified Purchase)\_\_\_\_\_

"The great thing about purchasing this plan, for me, was that it has given me a good understanding of what stretching can do for my body and how effective it can be in my training. Also, it has taken me past doing the basic stretches that I remember from high school gym class and the few that I retained from the handful of yoga classes I've taken and it's given me an actual routine that I can modify and tailor for my own needs, fitness level, and time constraints."-Stevie Nicovic ( Verified Purchase)\_\_\_\_\_

"I liked the straight forward, no B.S., conversational approach that the author takes, it made it much easier to read. At the same time, there was enough specific detail to let me know he had done his homework."-Jay Marshall ( Verified Purchase)\_\_\_\_\_

"I found this particular book of Dale Roberts to be complete. (This is) as an excellent book for guiding the novice."-Douglas ( Verified Purchase & Goodreads Review)\_\_\_\_\_

"If you are looking for a solution for aching muscles and more flexibility this is the book for you."-Caroline Byrne ( Verified Purchase)\_\_\_\_\_

"I can honestly say I have (a) a greater range of motion when doing squats and walking feels a bit more natural. I do believe stretching is overlooked, Dale puts everything you need to know with easy to follow exercise."-Kevin ( Verified Purchase)\_\_\_\_\_

"These are perfect stretches for folks in a chair all day or physically swinging the hammer all day."-Amy J Alt ( Verified Purchase)\_\_\_\_\_

My name is Dale Lewis Roberts and I'm an American Council on Exercise Personal Trainer, Certified, with an ACE specialty certification in Senior Fitness. Since beginning my personal training career in 2006, I have earned numerous certifications in personal training, yoga, nutritional coaching, among others. I have worked with hundreds of clients with a variety of health & fitness

goals. While my greatest passions are health & fitness, writing and reading, I also love to spend time traveling with my wife, watching pro wrestling and playing guitar. I currently reside in Phoenix, Arizona, with my wife, Kelli, and our rescue cat, Izzie.

The problem with workouts, I've found, is that I never seem to take enough time to properly stretch when I start (much less when I finish). While these workout plans are indeed that- workouts, I've actually been using them this last week as a warm up/cool down plan. There are several plans in here to fit the individual's needs (properly formatted so that I can click the name of the stretch and Kindle will take me to a pictorial explanation of the stretch) that range from a light stretch to a 'I earned this doughnut' workout. Quite honestly, the ones I enjoy the most focus on the hips. On my own it's easy to remember to stretch the calves and arms, but the torso misses out. It's a shame, really- it's an easy way to build up core endurance. As such, I focused much more of my attention on these sections of the book than the 'total body' workout, but the total body workout plan that I did worked up a sweat: it was wonderful. All in all, I'm happy to have this in my library. I start an audiobook, go to this one, go to my bookmarks, and I start stretching. It's a good way to spend my early mornings. As a last note, I must mention that this book is well edited, organized, and VERY well formatted. Highly recommended. //I received an advanced copy in exchange for an honest review//

Since getting back into working out the last 2 years, I've learned that I can sometimes have trouble getting motivated to move. I can actually be in the gym and just be poking around because I'm not there yet mentally. What I used to do was go buy an energy drink or take a shot of C4 which is fine for some but I just never really liked that whole heart palpitation feeling. What I've now discovered is that if I treat myself to a nice full body stretch, I am magically in the mood to move afterward. The great thing about purchasing this plan, for me, was that it has given me a good understanding of what stretching can do for my body and how effective it can be in my training. Also, it has taken me past doing the basic stretches that I remember from high school gym class and the few that I retained from the handful of yoga classes I've taken and it's given me an actual routine that I can modify and tailor for my own needs, fitness level, and time constraints. Well worth the price of admission.

I received this book as an advanced promotional copy for an honest review. This book covers stretching the body for people just starting to exercise to more experienced trainers. This is more

of an academic book and very informative about the benefits gained and how to do the stretches. He writes from personal experience being a personal trainer and health enthusiast. The only negative thing I can say about the book, it is very technical. It reads kind of like a college book. Overall in my opinion it is a good book for any one wanting to get into or back into a training routine.

As a promotional copy participant I was given the opportunity to review Mr. Roberts recent book on stretching workouts. Very informative and educational . I learned how to use a foam roller properly. Three different levels of difficulty are broken down as well as exercises to do while standing, sitting, or kneeling. I have the kindle edition on my phone which is perfect for traveling either to the gym or a hotel. Terminology of the different exercises and pictures are available in a PDF format are a plus.If you are looking for a solution for aching muscles and more flexibility this is the book for you.

I've recently started working out and can say being in my forties this has been an interesting challenge in itself. I was in on the beta read, well started actually using some of the stretches for legs and hips. I can honestly say I have greater range of motion when doing squats and walking feels a bit more natural. I do beleive stretching is overlooked, Dale puts everything you need to know with easy to follow exercise.

This book will do the most for people that are starting or are already in a fitness program and either skip stretching or don't know how/when to do it. That's something I was struggling with until reading the book and I've noticed differences in my performance and how I feel after my workouts.I liked the straight forward, no B.S., conversational approach that the author takes, it made it much easier to read. At the same time, there was enough specific detail to let me know he had done his homework. The author being a former personal trainer really added value for me, gave me confidence that I could trust what I was reading. The author covering different types of stretching may have been the most useful for me as it pointed out that I was practicing a dangerous form of stretching.To put it bluntly, this book was informative, to the point, in terms everyone can understand and follow, and included detailed pictures for me to model. A few of the pictures were a little dark but that's to be expected with natural light settings, it didn't prevent me from understanding the stretches.Received advanced promotional copy for review purposes.I bought a copy afterwards to keep on my kindle app to use at the gym.

I found this particular book of Dale Roberts to be complete. It was a bit dry in delivery compared to

his other books but saw this as an excellent book for guiding the novice. Also, it could become a teacher's manual down the road with some tweaking. Getting it for 99 cents was a bonus.

The author does a great job educating us on the importance of stretching and the specific stretches to get us feeling fit and strong. These are perfect stretches for folks in a chair all day or physically swinging the hammer all day. Invest in a foam roller, a total game changer!

[Download to continue reading...](#)

The Stretch Workout Plan: Simple Exercises to Improve Flexibility, Increase Mobility and Relieve Tension  
Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series)  
Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Relax into Stretch : Instant Flexibility Through Mastering Muscle Tension  
Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) The 15 Minute Fix: VISION: Eye Exercises Designed To Relieve Stress, Improve Cognitive Function, Increase Energy Levels, and Help You See Better  
Psoas Strength and Flexibility: Core Workouts to Increase Mobility, Reduce Injuries and End Back Pain  
Restoring Flexibility: A Gentle Yoga-Based Practice to Increase Mobility at Any Age  
Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves)  
Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength  
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)  
How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle  
Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Reflexology: The Absolute Beginners Manual that Will Help Weight Loss, Eliminate Tension, and Relieve Pain by Applying Reflexology Techniques from Ancient ... As

Treating Illness Using Nature's Cure) Headache Free: Relieve Migraine, Tension, Cluster, Menstrual and Lyme Headaches Exercises for Osteoporosis, Third Edition: A Safe and Effective Way to Build Bone Density and Muscle Strength and Improve Posture and Flexibility The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)