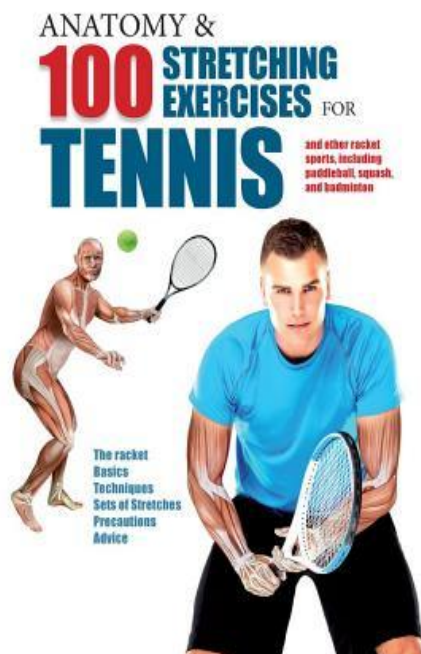


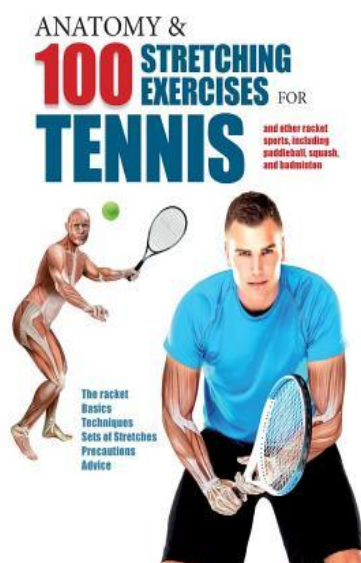
Leggi ebook Anatomy 100 Stretching Exercises for Tennis: And Other Racket Sports Including Paddleball, Squash, and Badminton

By Guillermo Seijas Albir



Barron's Anatomy & 100 Stretching Exercises for Tennis includes guidelines and advice designed to help racket sport players improve their safety and performance. You'll get full-color photos and illustrations, along with step-by-step descriptions of each exercise and technique and its impact on anatomy. This guide can help you improve your form and learn new techniques for a variety of racket sports, including tennis, paddleball, squash, and badminton. Whether you're a recreational player or a high-performance athlete, you can benefit from learning about biomechanics, ergonomics, stretching techniques, and more. You'll get: 88 specific stretches to help players achieve optimal performance, along with detailed explanations of each stretch 12 dynamic warm-up stretches to delay the onset of muscle fatigue and avoid discomfort due to prolonged playing Knowledge about the biomechanics of racket sports, including the anatomical descriptions of the muscle groups involved Instructions on

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