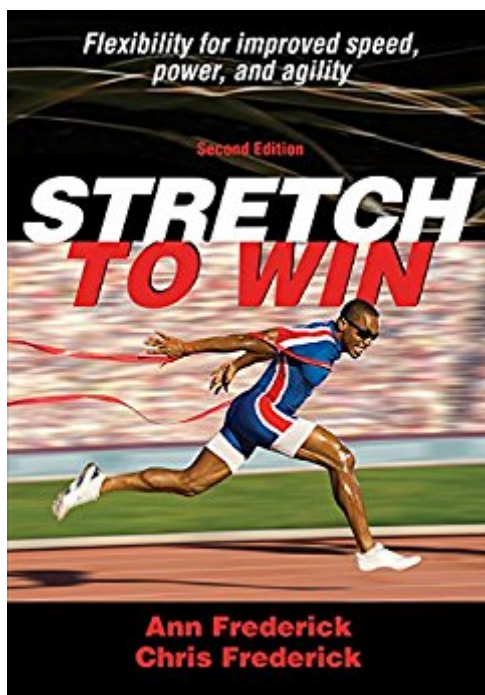


The book was found

Stretch To Win



Synopsis

Are you looking for the key to optimal performance? Increased speed, power, and agility? What you need is a complete flexibility training system—one designed for today’s athlete and made up of dynamic stretches that mirror sport-specific movement. And you should also have the skills to assess exactly what your body needs at any time. That complete program is found in *Stretch to Win*. In its first edition, *Stretch to Win* raised the bar for flexibility training. The first edition quickly became a best-selling stretching resource for consumers and professionals alike. From amateur to professional athletes, weekend warriors to Olympians, the benefits were clear: increased mobility, improved range of motion, faster recovery, and more. Now it’s time to raise the bar further. This is *Stretch to Win, Second Edition*. Inside, Ann and Chris Frederick build on their system with the latest research, specific ways to assess yourself, and more stretching options. New illustrations of the body’s fascia will help you assess and identify your imbalances. Then the text will guide you to eliminate these imbalances with corrective stretch movements that quickly improve mobility. You’ll learn the most effective techniques for your sport, your position, or your event; then you’ll put these techniques into action. Using the new *Stretch to Win* fascia mobility assessment (FMA) protocol, you’ll determine range of motion deficits and identify your performance inhibitors. Then, with the stretching matrix, you’ll personalize a program developed for your needs and your goals. You can incorporate the matrix into your existing workout as well as into rest days, when stretching can aid in recovery and bring your body back in balance. It’s all here—all the tools, all the stretches, and all the instruction to create an effective flexibility program for any sport or activity. If it’s time to increase mobility, power, speed, agility, range of motion, and overall performance, it’s time for *Stretch to Win!*

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Customer Reviews

FLEXIBILITY BIBLE! Need I say more? Stretch To Win and Fascia Mobility Training (FMT) are what the sports medicine, rehab, fitness and training industries have been missing. Ann and Chris Frederick are truly pioneers in fascial research. From their decades of experience and research, not only do they break down the fascial system both anatomically and physiologically, but they also explain its vital role in training and functional movement. They have made it possible, for those who may not be well versed, to have a strong understanding of fascia and its function. Stretch To Win is an absolute must read for any athlete, trainer, coach, therapist, or instructor. In my opinion, FMT has the potential to bring all elements of training together. With FMT as an additional component to your training, you (or your athletes/clients) are bound for peak performance. This brilliant second edition also provides a Complete Fascial Mobility Assessment (CFMA) that teaches how to self assess and train for flexibility. The CFMA equips the athlete or trainer with the tools to enhance flexibility, and furthermore sport specific mobility, both quickly and exponentially. Also included are detailed instructions and pictures of fundamental stretches. Definitely invest in this groundbreaking literature!

This is BY FAR the best book I have read to help improve and assess your own specific mobility needs. Ann and Chris Frederick have done an amazing job outlining and giving invaluable insight about all the different aspects of flexibility, flexibility training, flexibility for sports performance, assessment techniques, key stretches for fundamental mobility, stretching for sports, and assisted stretching. I really love how it gives you detailed images of all the fascial nets, for both stretching and Self Myofascial release. It also has different charts and tables that tell you about the different stretching parameters you will use depending on your own or client specific goals. It also has

examples of FMA's (fascial mobility assessments) you can see that will help you create your own Flexibility program. It also includes a ton of self and assisted stretches with pictures and instructions. Overall, their Second edition of *Stretch Yo Win* is by far the most thorough and complete guides to learning about and making key improvements in your own mobility. AMAZING.

This book is a must have for anyone looking to increase their mobility and flexibility, athletes from all walks of life, weekend warriors, gym goers, to your average person with a desk jobs looking to get moving. Ann and Chris Frederick's knowledge of the fascial system and how stretching affects not one area but the entire fascial net makes reading this book a pleasure and a great learning experience. The self assessment is very clear and concise making it easy to follow. By using this assessment, instructions along with photos and explanations about different stretching methods and tempo mean you can tailor make a program that will have a real effect on your training and/or daily living. The other great thing about this book is that Chris Frederick also has posted videos of the programs to help with better understanding of the movements. This book is well worth the investment.

I'd absolutely recommend this 2nd Edition to any FST therapist. The diagrams and breakdown compared to the first edition is a vast improvement. There's a lot more techniques to use and be versatile with! I like the fact as well that the Fascial "lines" and been identified now as NETS! Thank you Chris and Anne for making this such an amazing program and step to helping others!!

The first *Stretch To Win* edition was ahead of its time when it comes to the movement, athletic performance, health & wellness world. What the second edition has done has shown that Ann and Chris Frederick continue to stay on top of modern information and research in order to continue to educate the world on how to stretch to win (in athletics and in life). They do an exceptional job at communicating three things in this book: what fascia is, why we should know what it is, and what we need to do to make it (us) move better. Set it free with FST!

I liked the first edition. This is different enough to buy again. Frederick has simplified AND improved her system. This is one of my favorite flexibility books and has things in it that you don't see elsewhere and that you can use immediately.

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