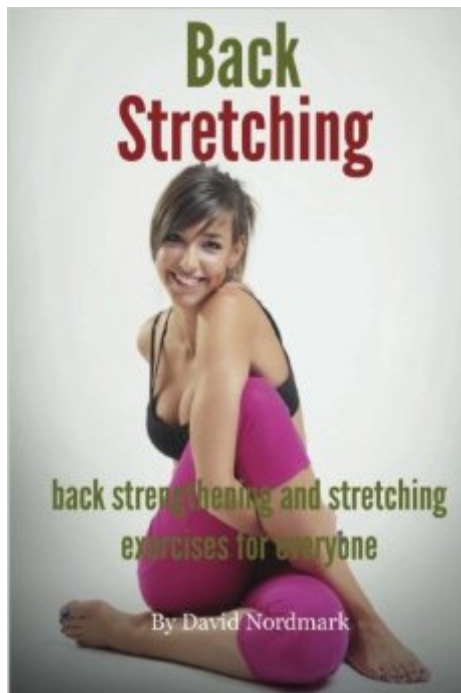


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# Back Stretching - Back Strengthening And Stretching Exercises For Everyone



## Synopsis

Say Good-Bye To Back Pain! Learning to properly stretch your back can bring relief to you today! If you suffer from back pain or discomfort, you're not alone. From the young to the old, from the average person to the hyper fit athlete, all are likely to suffer from some kind of back pain at least once in their lives. In *Back Stretching - Back Strengthening And Stretching Exercises For Everyone*, I explain why back pain is so common in modern society. More importantly though, I will show you a series of back stretching and strengthening exercises which can bring you relief. This little book includes the following: information on why we all suffer from back issues instructions on how to stretch properly a series of fully illustrated back stretching exercises a series of fully illustrated strengthening exercises for the back isometric neck exercises (a strong neck is critical for a strong spine) information on a new therapeutic technique which is having great success in resolving chronic back issues Suggested stretching routines for all levels of fitness and abilities If you've ever felt a twinge in your back after sitting in the office all day, or if you've been dealing with back issues of one kind or another all your life - *Back Stretching - Back Strengthening and Stretching Exercises For Everyone* is for you. Get ready to say goodbye to back pain, starting today.

## Book Information

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## Customer Reviews

Starting these spine strengthening exercises took me back to the time when I was a kid and stretching was such a natural thing to do. I remembered getting up in the morning after being called at least ten times to get up and after the last call which almost always sounded like my mom was nearing my door; I would stretch this whole body relaxing stretch while responding "I'm up!" As an

adult...gosh...I can't remember the last time that I actually stretched; well save over the last two weeks since being introduced to David's last book *Stretching For Golfers* - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game and I started implementing some of those exercises into what was an inconsistent exercise life. My life involves sitting at a desk; so back and neck pain is no stranger to me. I had to do something about it. I found that the rigors of going to the gym did little to alleviate the problems. Stretching on the other hand just feels so good. It is not tedious and I think that what may have contributed to me not exploring it before is that I never looked at stretching as a form of exercise; but just something that you do to prevent getting injured before exercising. Surprisingly there are stretching exercises in this book that not only strengthens your spine but tightens your butt and abdominal muscles at the same time! Now what woman doesn't want that? What I appreciate most about this book is the way it's written in an easy flowing manner. The read itself is relaxing.

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