



Anatomy of Stretching (Anatomies of)

Craig Ramsay

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It doesn't matter if you're a fitness novice or an elite athlete. You should be starting each workout exactly the same way — with a stretching regimen designed to warm up your body and help you achieve a new personal best each time. But without the expertise of a professional trainer and without an expert's understanding of muscle anatomy, it can be hard to know what exercises are best.

Craig Ramsay is here to help! In *Anatomy of Stretching*, he brings the lessons learned in ten years as a trainer to celebrities and professional athletes and the star of Bravo's *Thintervention* to everyone. You'll learn when and how to do a tricep stretch and a shoulder stretch, when to avoid toe touches and hamstring stretches, and why it's important to keep your neck relaxed during a hip flexor stretch. While taking you through each movement step by step, *Anatomy of Stretching* also goes beneath the skin to allow you to see just which muscles you are working during each stretch.

Get limber — and get the most out of your workout — with *Anatomy of Stretching*!

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