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Nota di contenuto	Intro -- Titolo Pagina -- Copyright Pagina -- Programma di stretching: semplici esercizi per migliorare la qualità della vita -- Flessibilità. -- Mobilità -- Il pericolo della tensione muscolare -- Stretching -- Stretching statico -- Stretching dinamico -- Stretching balistico -- Come utilizzare il rullo in schiuma -- Pericoli del rullo in schiuma -- Programmi post-allenamento -- Routine autonome.
Sommario/riassunto	This book, authored by Dale L. Roberts, is a practical guide focusing on the importance of stretching exercises to enhance flexibility, mobility, and overall quality of life. It provides a comprehensive program of simple stretching exercises, aimed at relieving muscle tension, reducing stress, and improving blood circulation and posture. The book highlights different types of stretching, such as static, dynamic, and ballistic, and explains the proper techniques and timing for each. It emphasizes the significance of regular stretching to maintain an ideal range of motion, particularly as flexibility decreases with age. The book is intended for readers without health problems or physical limitations and encourages the integration of stretching into daily routines. It is designed to be accessible for individuals seeking to improve their physical well-being through effective and safe stretching practices.