



1,500 Stretches: The Complete Guide to Flexibility and Movement

Hollis Liebman

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1,500 Stretches--the follow-up book to the *New York Times* bestseller 2,100 Asanas-- compiles all stretching poses in one place, organized by body part, with stunning photographs, easy-to-follow steps, and the health benefits of each pose.

Does your lower back ache from sitting all day? Can you barely walk after your cycling class? Do you stretch your back and feel only more tension? Stretching is vital for chronic pain, building muscle tone, and full movement.

1,500 Stretches has the complete collection of stretches organized by body part--back, calf, hamstrings, chest and many more. They are demonstrated in beautiful full-color photographs. The steps are easy to follow and explain what muscle groups are targeted and its benefits for pain relief and physical appearance. There are additional chapters on yoga and partner stretches and the importance of stretching correctly. *1,500 Stretches* celebrates the beauty of the body through photography, while providing practical advice to feel and look better.

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Kelly says

Great pictures, directions, and explanations for each stretch.

I really liked the way the book was separated but I would have liked to have seen notations on flexibility level.
