

SCIENCE OF STRETCHING

Michael J. Alter, MS



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Kinesiology the scientific basis of human motion, Katharine F. Wells, Jan 1, 1971, Education, 564 pages. .

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Kinesiology the anatomy of motion, Ellen Neall Duvall, 1959, Medical, 292 pages. .

Stretch+streng Rpkg Pa , Judith B. Alter, Feb 25, 1992, , 240 pages. Describes more than one hundred exercises and teaches how to stretch muscles overtightened by use, strengthen muscles too long on the stretch, and balance muscle strength with

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