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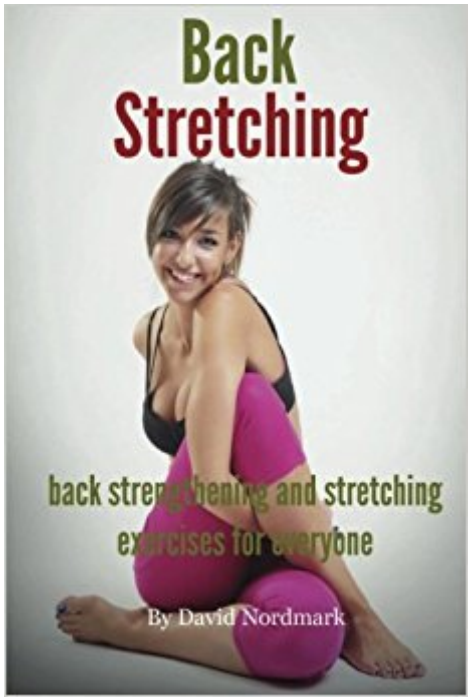
Back Stretching - Back Strengthening And Stretching Exercises For Everyone



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Synopsis

Say Good-Bye To Back Pain!Learning to properly stretch your back can bring relief to you todayIf 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.

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Customer Reviews

This is an excellent book, clearly illustrated and easy to follow.- Ruth Jacobi, Verified PurchaseThe stretches and exercises in this book have helped tremendously for relieving most all the pain. If I skip more than a couple of days the pain comes back but once I start the exercises again it is gone again.- Eulus Ducker, Verified PurchaseIf you want to have a healthy back get this book.- Tina

Willer, Verified Purchase

David Nordmark has a life long interest in health and fitness. In the past he has participated in such sports as soccer, basketball and hockey. He also was once an avid runner and weightlifter, but has since come to his senses. Today he mainly does natural exercises like Yoga and the Body Weight exercises found on his website, www.animal-kingdom-workouts.com. He currently lives in beautiful Vancouver, British Columbia Canada, although he really wouldnâ ™t mind living somewhere else during the winter. Heâ ™s currently working on making that dream a reality. If you have any questions for him, feel free to contact him using the contact form which can be found on this website.

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 bookÂ Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and gameÂ 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. My recommendation is to read it once through and highlight the exercises that you feel will be most helpful to you. For me I've incorporated the stretches mainly centered around back, abs and butt strengthening. And they're not long or difficult. I've whipped up a 12 minute routine coupled with a few from David's other book Stretching for Golfers; my routine lasts for about 20 minutes.Some of the things that you will gain insight on while reading this book is:* The one exercise that you can perform to have the back of an athlete* How strengthening your neck promotes a healthy spine* The one thing to never do in a

stretch* Reducing tension* Quick exercises that can be done anywhere like the 4 point neck stretch and the cross shoulder exercise; great at the office too!Back Stretching is so well organized that you will be able to start from where you are. There are handy links to some recommended stretches at the back of the book and there are techniques for beginners, intermediates and advanced. You will be coached from beginning to end with photo illustrations demonstrating proper technique and David does an excellent job of gently reminding you that at the end of the day; it's your body and you know when something feels right or not, so listen to your body.

If sitting is the new smoking, then this book will be necessary for you at some point in your life. Good to get it and keep it where you know you can find it.My father's back is beyond what this book can heal, he has spinal stenosis in two spots and a narrowing of the spine not to mention messed up discs. Some days just walking half a block and the ache in his back causes him to wince and his legs start to get numb, and sometimes he stumbles or falls. Not good, not fun, not something to ignore.I know from going to chiropractors on and off over the years that if you are injured and let something heal improperly, you'll end up paying for it later with more areas of your body than just the original affliction.This book is clear, concise, has good pictures and provides necessary knowledge for the disciplined reader who is willing to stand up, or at times lay down and do what the doctor ordered. You don't want to let your pain get to the point so you need a doctor, so pick up this book and when your back hurts next time, look inside here and get busy stretching your own back. Our bodies don't lie. We can heal if we learn what to do, how to do it and do it instead of talking about not doing it.

At first I was pretty reluctant to try any of these as I've had back problems for years after suffering from a gymnastics accident and been to NUMEROUS experts, only a few of whom could help temporarily. Yoga helps, and many of the stretches within this book are very yoga-based - but these stretches are specifically tailored for backs and that is where my pain lies. Also, books such as these generally just tell you how to do the stretches, but this one has pictures. Totally idiot-proof - I love it! Needless to say David definitely knows what he's talking about.

This is an excellent small manual that shows a wide variety of exercises in good photos and with good accompanying text. It might benefit from the inclusion of more info on moves that are problematic for people with certain back problems. I'm no expert to say the least but in a future edition, more thought could be given to how it the exercises are ordered. That could be done by

saying something like: if you are a beginner, numbers 1,4,9 would be good starters. How long to do them? Suggest at what points, the person is ready to move on--as in "When you can easily perform this set of exercises for the recommended numbers of reps without a lot of muscle fatigue, you may move up to the next set, remembering that you will continue with the first set, gradually adding more.A really helpful purchase.

One of the most common physical ailments that most of us have is back pain or back stiffness. It’s a part of modern day life and we just accept it.Well I highly recommend this book that will help you to no longer accept the status quo. David Nordmark does an excellent job in this short little book.You will learn how to take care of your back and be proactive so back pain is no longer a part of your life.Look the book only costs $2.99 and it is a very small investment. Even if you don’t like it, offers you the right to return it for a refund. So you really don’t have anything to lose.

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