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Conventional stretching attempts to literally elongate your tissues which is dangerous and ineffective'

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Relax into Stretch simply teaches your muscles to relax into a stretch. If you compare traditional training to a messy hardware reorganization, then Relax into Stretch is an efficient software upgrade. While stretching tissues may take years,

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changes in the nervous system are immediate! Your muscles will start noticeably elongating from your first Relax into Stretch practice-and within months you will have achieved a level of flexibility uncommon in our species.-Pavel Tsatsouline.

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5.0 out of 5 stars Relax into Stretch : Instant Flexibility Through Mastering Muscle Tension Reviewed in the United States on September 13, 2010 I would like to pass a message to all future buyers who read reviews from us, previous buyers, as a way to decide if this book will be of use to them: please ignore all negative comments from some ...

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If you're looking to stretch your preconceptions about flexibility, Tsatsouline's "Relax Into Stretch" provides an alternative: straightforward and practical techniques that don't require a lifetime to master. Fernando Pages Ruiz
Contributing Editor Yoga Journal

Relax into Stretch: Instant Flexibility Through Mastering ...

I definitely recommend Pavel Psatsouline's books and DVD's, especially this one, Relax into the Stretch, for anyone seeking to be stronger and more flexible! 4.0 out of 5 stars Dated, but good. A little clunky and dated visually, but the stretches are quite good. Essentially use of PNF stretching to achieve results.

Relax Into Stretch Instant Flexibility

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Pavel Tsatsouline Strength Stretching

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By Pavel Tsatsouline, Master of Sports

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