Power-Flex Stretching

Bibliografia

- APPLETON Brad. Stretching and flexibility - Everything you never wanted to know.
- BELIEAU J.E. - Stretching for all sports. Athletic press.
- BOS Wim - TAE KWON DO. Edizioni mediterraneanee.
- FAVALESSA F. - Super stretch. DFM
- FAVALESSA F. - Super stretch. VIDEO. DFM
- GOLDSPINK G. - The influence of progressive stretch on muscle fibre phenotipe and contractile characteristics of the rabbit tibialis anterior muscle. Journal of Physiology (1994), 479, P.
- HEALTH FOR LIFE - Synerstretch VIDEO.
- HEALTH FOR LIFE - Synerstretch.
- HUIJING P.A., ROZENDAL R.H., HESLINGA J.W., WILLEMES M.E.T. - Skeletal muscle reaction to growt and...


- KURZ T. - Tom Kurs? secrets of stretching. 1990. VIDEO.
- KURZ. T. - Special reports on stretching. 1/10. Stadion publishing.

- MONARI G. - Facilitazioni neuromuscolari propriocettive (PNF). Schemi, tecniche e applicazione pratica. IBIS SUD ROMA.
- Recreation, 34(2), 61-62.
- Rutherford And Johnes (1986)
- TANIGAWA M.C. - Comparison of the hold-relax procedure and passive mobilization on increasing muscle length. Physical therapy. 52:725-735, 1972.
- WILLIAMS P.E., SIMPSON A.H.W.R., KYBERD P.J., KENWRIGHT J.,