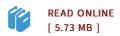




Stretching Exercises for Guitarists and other Musicians (Paperback)

By Gareth Evans

Intuition Publications, United Kingdom, 2013. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Stretching Exercises for Guitarists is a compact guide that can be used as part of a healthy and productive practise regime suited for guitarists and other musicians alike. - Stretching Like the importance of stretching for sport, stretching for musicians is important, yet an often overlooked aspect of many a practise regime. Whether you are a beginner finding it hard to stretch their fretting fingers to get a clear open G or C chord, or a more experienced player wanting fluent movement when playing at speed, stretching exercises encourage lengthening of your muscles and their associated tendons thereby improving your mobility and range of movement. Stretching opposes the shortening and tightening of muscles that can occur immediately after use and contributes to injury avoidance. - Diagrams and More All 30 exercises are demonstrated with over 40 professionally hand-drawn illustrations, starting from the top at the neck and shoulders, working down to the back, forearms, wrists, fingers and thumbs. Some stretches are graded from easier versions to the more difficult so you can choose which suits your level. Stretching Exercises for Guitarists also...



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Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English. Brand New Book. Written by an expert in the field who is both a teacher and a teacher-educator, this book is an in-depth and...