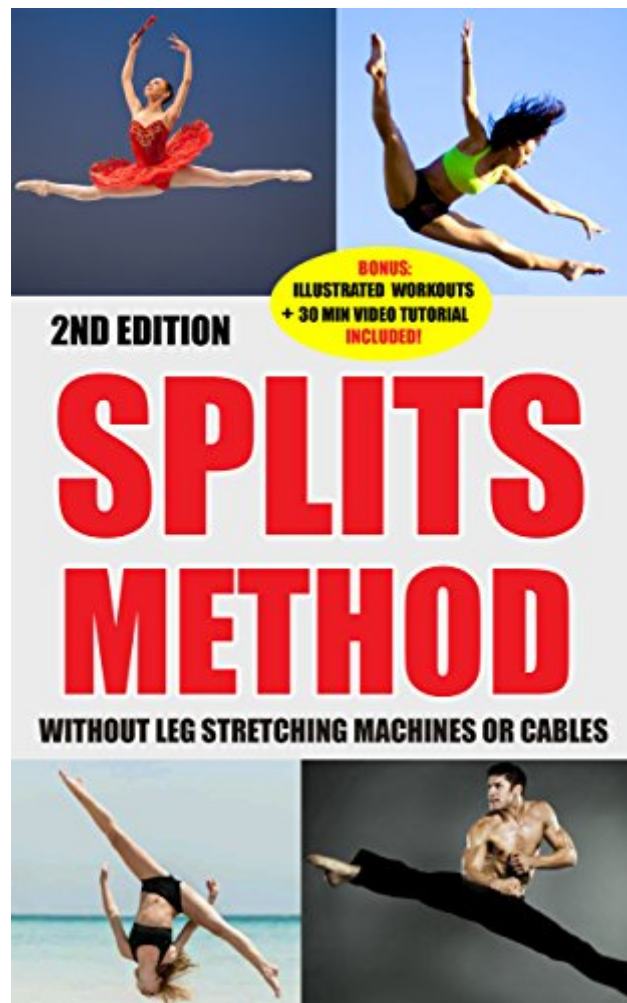




The book was found

Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines Or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0)





Synopsis

Finally Achieve the Splits Without Spending Money On Expensive Leg Stretching Machines or Cables!+ Bonus 30 Minute Video Tutorial Included!SPECIAL OFFER: OVER 50% DISCOUNTDOWNLOAD TODAY FOR ONLY \$2.99!(regularly priced at \$5.99)Finally discover how to do the splits painlessly and without spending any money on expensive coaches, leg stretching machines or even on stretching cables! In this guide, you will learn simple routine exercises you can practice daily to stretch your muscle fibers to perform a complete suspended splits cold. (Read this book for FREE on Kindle Unlimited - Download Now!)After performing the routines a few times you will immediately begin noticing a gain in flexibility and balance. These techniques are used by martial artists such as Kick Boxers, Karate and Taekwondo fighters, gymnast, dancers, cheerleaders and much more! Even people practicing yoga can also benefit from these muscle stretching routines to achieve the perfect splits.Here's just a preview of what you'll soon learn...Finally learn how to do a perfect splits and the exact step-by-step process to achieve it! You'll discover the best exercises, including illustrations, to show you how to stretch your muscle fibers.You'll know the SAFEST WAYS to stretch and avoid any injuries (this alone is priceless). The MOST COMMON exercise mistakes and helpful tips all revealed to you! You'll get a comprehensive exercise routine to perform daily in order to achieve the splits. And much, much more!BONUS OFFER #1 - FREE Video Included: (Regularly priced at \$29.99 but yours free today!):Order a copy today and as a free token of appreciation will also throw in our "Splits Method - Watch, Learn and Stretch Video Training"! Inside this book will also include a special 30-minute video url link that will give you access to a black belt martial artist. In the video will share some of the best exercises to stretch your muscle fibers properly and most importantly how to do it all safely! BONUS OFFER #2 - FREE Fitness eBook Included: (Regularly priced at \$19.99 but yours free today!):As if our first bonus wasn't enough will also throw in our "7 Fitness Mistakes You Don't Know You're Making" book report and a 7-part video series training course! This bonus course breaks down many of the complexities and science of getting into shape by providing you with all the key information in a digestible way for you to be able to easily follow and get results. Having all this fitness knowledge and science organized into an actionable step-by-step course will help you get started in the right direction in your fitness journey! SPECIAL OFFER: OVER 50% DISCOUNTDOWNLOAD TODAY FOR ONLY \$2.99!(regularly priced at \$5.99)Go to the top of the page and click the button on the right to order now for a limited time discount of only \$2.99! You'll be so glad you did!Tags: Splits, Flexibility, Leg Stretchers, Leg Stretching Machine, Leg Stretching Cables, Martial Arts Kick, Gymnastics Splits

Book Information

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Customer Reviews

I've studied martial arts for a long time but always had a lack of flexibility. This book has really helped and I'm hoping to get to the full splits soon. I can already see some results so I'll continue on with the methods in this book

I was looking for a guide to help me achieve the splits. I have been trying to do the splits for the past few years unsuccessfully. I found this book on and decided to go all out and even purchase the hardcover version that way I can have the guide in front of me while I stretch. I ALSO followed the instructional video of the black belt martial artist and I learned A TON of new tricks! It's been less than a month now and I am soooo close to the ground now. Only a few more inches and I'll be able to do the full splits. Just like what is described in this guide, after each stretch I feel like my muscle fibres are stretched and elongated. Overall, I believe this is the best guide available on the internet. HIGHLY recommended, you won't regret it!!!

This book helps me and my daughter to achieve splits and become more flexible. Despite this book is too short, it contains a lot of unique information. Easy to understand and to perform all the things, step by step. Each chapter covers a related topic, defines terminology gives the answers to all your questions. All the illustrations helps a lot to see the result.

I found this book to be pretty informative and it had the actionable steps in it that I was looking for. I found the diagrams and daily exercises to be very helpful in my understanding of this skill.

I expect to see more from the book. Turns out it only mentions about using contractions to make the muscles fatigue via horse stance to gain flexibility. I feel wasting money on this book.

an amazing book you would never thought of ! I always thought body Splits: Stretching: Flexibility is a trade mark property for the Martial Artists, Ballet dancers and Gymnastic guys but with a proper guide and practice i can do it too. If i can then you can do it too. The author included some great advice and tips in this book that is helping me to building my confidence day by day. Everything is described pretty much actionable included with great pictures you just have to follow them properly. This book will surprise you. Worth a recommendation.

From some time I'm trying to do splits. My trainer said that I'm like a goose. He recommend me to read some book and to make more exercises at home. I've found this book and is really great. in two-three weeks i can make splits. i highly recommend.

I always had problems with doing splits, but this book explained everything so clearly that I was able to make my first proper split! I now do split as a regular part of my exercise routine and I can honestly say that I'm now more flexible than I ever was in my entire life! So I can honestly say that this book has changed my life! The author of this book is also a real expert. He practiced this technique for over twenty five years and this expertise really shows in this book.

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