



# Power Flex Stretching - Super Flexibility and Strength for peak performance

*David De Angelis*

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Super Flexibility and Strength for Peak Performance • In the theoretical chapter, you will learn PRINCIPLES which regulate flexibility and specific strength development. • Through the explanations of joint mechanism you can learn about your becoming able to perform splits in the future. • In the chapter on dynamic stretching, you will discover how to acquire IMPRESSIVE EXPLOSIVE STRENGTH. • In the chapter dealing with isometric PNF, this extraordinary technique will be explained to you in detail, and you will enhance your articular mobility astoundingly, eventually being able to perform complete splits cold. • In the chapter on static active flexibility, THE GYMNASTS' SECRET will be REVEALED to you, and you will learn to challenge the force of gravity. • In the chapter on specialized equipment, you will be illustrated the latest techniques for use of particular sports apparatus in order to enhance your flexibility. Replete with detailed training schemes for each level. [www.powerflexsystem.com](http://www.powerflexsystem.com)

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