[IMAGE]

"Benching" Bad for Backs

Reference:

Green JP, Grenier SG, McGill SM. Low-back stiffness is altered with warm-up and bench rest: Implications for athletes. *Medicine and Science in Sports and Exercise* 2002:34(7), pp. 1076-1081.

For additional information on sports and fitness, go to http://www.chiroweb.com/tyh/sports.html

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=722&no_paginate=true&no_b=true