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Exercises for Airplanes: And Other Confined Spaces

Janet Diamond

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Janet Diamond : Exercises for Airplanes: And Other Confined Spaces before purchasing it in order to gage whether or not it would be worth my time, and all praised Exercises for Airplanes: And Other Confined Spaces:

1 of 1 people found the following review helpful. RelaxBy Bonita HaneyAirplanes are very cramped and the flights are long. It is hard to get comfortable. These exercises help relieve some of the stress and tension of being in a confined space. It helps with circulation from sitting so long. I would recommend this book for frequent fliers.2 of 2 people found the following review helpful. More for new age people than road warriorsBy ChaleighThere were a few

good tips and tricks to overcoming jet lag, moving your legs around while flying, helping out those cramps during long flights, and basic exercises.... but if you are a road warrior, this isn't the book for you. I love the way the author makes out exercises that are for specific commuters (comes in handy whether flying or railing!). But sometimes the way she describes the exercises was like reading a novel instead of an exercise book. The diagrams were very helpful. 8 of 10 people found the following review helpful. more books on this subject of Isometrics. By Robert Clarkin my younger year I was a weightlifter and love the feeling of being strong and fit. Back then a great strength building exercise came called Isometrics its fast and get good results in a very short time. Janet Diamond book is good for those seeking a fast exercises routine. but I would strongly recommend building a Isometric Rack! and do a whole body workout 6 days per week. you wont hurt yourself or build big muscle mass, but will build great body strength and good muscle tone! I am 57 years old, cannot do lifting big barbells so I now do Isometrics everyday and feel strong as lion, try it!

Book by Diamond, Janet

From Booklist A quick perusal of this slim guide to exercising when spatially challenged discloses a decided dependence on old-fashioned isometrics. Desirous that others not suffer the fate of Dan Quayle--pulmonary embolism--by sitting cross-legged on planes too much, Diamond revives the revered exercise regimen of yesteryear and upgrades its presentation in the process. She not only makes her book commuter-specific but also adds sections on visualization and on "alternative" remedies to common air-travel maladies such as jet lag, sinus problems, and fear of flying. And she imaginatively explains how individual isometric exercises work on the body (e.g., "Imagine the pelvis as the rim of an ice cream cone . . . watch a cherry at the level of the bottom of the rib cage"). What else could today's health-concerned air commuter ask for in a handy, freshly composed book of, well, isometrics? Mike Tribby