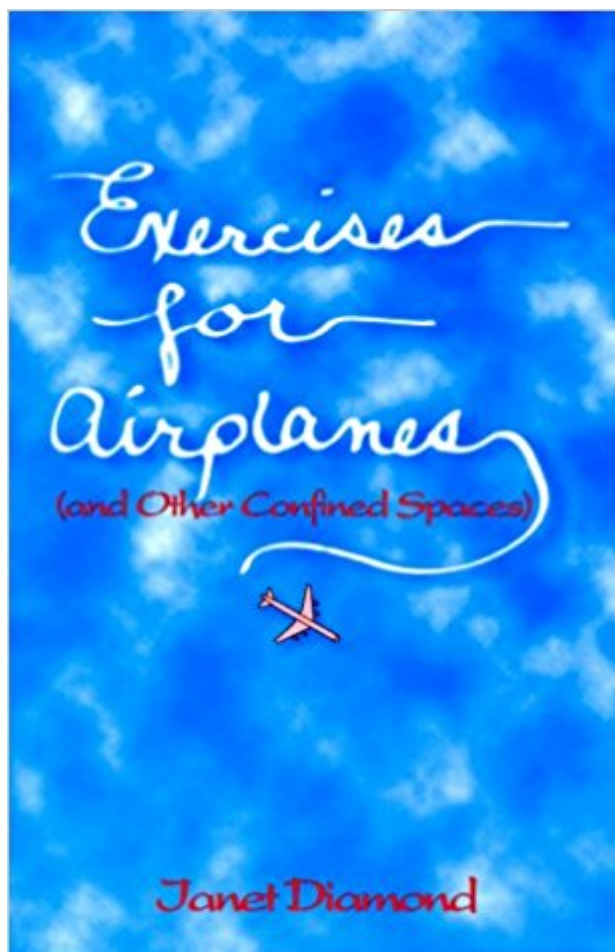


The book was found

# Exercises For Airplanes: And Other Confined Spaces



## Synopsis

Book by Diamond, Janet

## Book Information

Paperback: 64 pages

Publisher: Excalibur Publishing (NY) (November 1996)

Language: English

ISBN-10: 1885064039

ISBN-13: 978-1885064035

Product Dimensions: 8.6 x 5.6 x 0.2 inches

Shipping Weight: 3.7 ounces

Average Customer Review: 4.4 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,899,370 in Books (See Top 100 in Books) #32 in [Books > Travel > Reference > Tips](#) #175 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #276 in [Books > Travel > Food, Lodging & Transportation > Air Travel](#)

## Customer Reviews

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

Airplanes 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.

There 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.

in my younger year I was a weightlifter and love the feeling of being strong and fit. back then a great strenght building exercisecame call Isometrics its fast and get good ressults 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 everday and feel strong as lion, try it!

I, Janet Diamond, am the sole author of this book. Zipora Schulz, is merely the illustrator, and Janet D. Amond does not exist. Thank you for correcting this error. Janet Diamond

[Download to continue reading...](#)

Exercises for Airplanes: And Other Confined Spaces Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Children's Book About Airplanes: A Kids Picture Book About Airplanes With Photos and Fun Facts Origami Airplanes Fun Pack: Make Fun and Easy Paper Airplanes with This Great Origami-for-Kids Kit: Origami Book with 48 High-Quality Origami Papers Michael LaFosse's Origami Airplanes: 28 Easy-to-Fold Paper Airplanes from America's Top Origami Designer!: Includes Paper Airplane Book, 28 Projects and DVD Fun & Easy Paper Airplanes: This Easy Paper Airplanes Book Contains 16 Fun Projects, 84 Papers & Instruction Book: Great for Both Kids and Parents Ultimate Paper Airplanes for Kids: The Best Guide to Paper Airplanes!: Includes Instruction Book with 12 Innovative Designs & 48 Tear-Out Paper Planes Quantum Confined Laser Devices: Optical gain and recombination in semiconductors (Oxford Master Series in Physics) An Introduction to Sobolev Spaces and Interpolation Spaces (Lecture Notes of the Unione Matematica Italiana) Science of Fun Stuff to Go!: The Thrills and Chills of Amusement Parks; The Innings and Outs of Baseball; Pulling Back the Curtain on Magic!; The Cool ... How Airplanes Get from Here...to There! The Thinking Pilot's Flight Manual: Or, How to Survive Flying Little Airplanes and Have a Ball Doing It The Best Advanced Paper Aircraft Book 1: Long Distance Gliders, Performance Paper Airplanes, and Gliders with Landing Gear First Flight: A Beginner's Guide to RC Airplanes: How to Buy the Right Plane and Teach Yourself to Fly! Amazing Paper Airplanes: The Craft and Science of Flight Ultimate Book of Airplanes and Airports (The

Ultimate Book of) Cabins & Cottages and Other Small Spaces The Book of Airplanes Illustrated  
Buyer's Guide to Used Airplanes Super Paper Airplanes: Biplanes to Space Planes The Ultimate  
Guide to Paper Airplanes: 35 Amazing Step-By-Step Designs!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)