

Where To Download Anatomy Of Movement Exercises

*Anatomy Of
Movement Exercises*

"Presented in a dance-specific way, Dance Science takes a positive approach to what a dancer can do to dance better"

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through an understanding of anatomy and analysis of movement. With that understanding, you will be able to create an effective performance and fewer injuries."--Publisher information.

Fitness Professional's Guide to

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Musculoskeletal Anatomy and Human Movement is a revolution in the field of human movement. Comprehensive and meticulous, this ground-breaking text is ideal for university courses and a must for any fitness professional. The accompanying CD-ROM is

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one-of-a-kind. Developed specifically as a companion to this text, the intuitive and easy-to-use PC CD-ROM applies each of the muscles and body actions described in the book to nearly 300 specific exercises.

Anatomy to Architecture, from

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Biomechanical to Biomotional and from Classical to Connected “speaks to all bodies, in all modalities; in a world seeking unity and connection more than ever.

Yoga, Fascia, Anatomy and Movement was written partly as

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an appeal for Yoga Teachers to appreciate the depth and breadth of Yoga as a science, a movement practice and a philosophy that fundamentally espouses "wholeness" as the basis of living anatomy and form. Yoga calls for unifying who and how we

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are; and as teachers “ how we can help our clients (who are all different) move better.

Classical Anatomy (in the West) divides the body down into its component parts and traditionally (unchanged for 400 years) reduces its functionality to

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those parts; usually described in a 2D iconic forms and founded in lever-based mechanics. In the East, such reductionism was never espoused and Yoga, Fascia, Anatomy and Movement covers two huge bases to bridge the difference and upgrade

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**understanding of Yoga, to 21st
Century anatomy:**

**The first is to recognise that the
leading edge of Fascia Science
changes all those reductionist
views (anatomically and
biomechanically). It is carefully**

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explained in the first part of the book and shows how the New Science of Body Architecture actually makes perfect sense of yogic philosophy of union and wholeness.

The second is to take this paradigm shift and apply it in

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practice, to the subtle understanding of the fascial architecture and how that helps us move better. Yoga, Fascia, Anatomy and Movement attempts to ask questions, find suitable research and make all this practical and applicable to

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teachers and practitioners of all types. (Indeed, it teaches "posture profiling" and creating Class Mandala™s, to support this). It is a contemporary yoga teacher™s bible.

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This is a must-have for fitness professionals and enthusiasts. This unique muscle manual categorizes over 80 muscles into over 40 movements with medically accurate illustrations. Too many muscle manuals concentrate on muscle locations

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and origins and insertions, creating guides that emphasize an endless list of technical terminology with little functionality. The Movement Muscle Manual is a compact guide that categorizes muscles by the movements they facilitate.

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Therefore, the reader gains a much better understanding of how muscles assist and oppose each other to create a movement. The difference between good trainers and great trainers is often an in-depth understanding of functional anatomy - a deep

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**understanding of how the body's
structures relate to movement
and training. Become the Expert!
Dance Anatomy and Kinesiology
Anatomy of Exercise for 50+
Dance Imagery for Technique and
Performance, Second Edition
Anatomy of Breathing**

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Yoga, Fascia, Anatomy and Movement, Second Edition Preparing for a Gentle Birth

"Everyone breathes, yet few of us understand how to consciously control breathing to improve our well-being and

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the quality of many daily activities. 'Anatomy of Breathing' is a clear and helpful guide to both the theory and practice of breathing in its many variations. Hundreds of expert drawings along with

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easy-to-understand text help you explore just how breathing works. Once you're acquainted with the principal organs, structures, and forces that affect breathing, you will learn how to control them to

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enhance the quality and variety of breathing in your own life. Along the way, you will also correct many common misconceptions about breathing. 'Anatomy of Breathing' is filled with helpful

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practice pages. Here you will learn simple exercises to prepare your body for the benefits of different types of breathing. You will then be shown, step by step, how to practice some of the most

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common and useful breathing techniques on your own."--Publisher description. An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a

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holistic.

Functional Anatomy for Sport and Exercise is a quick reference guide to human musculoskeletal anatomy in its moving, active context. An accessible format makes it

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easy for students to locate clear, concise explanations and descriptions of anatomical structures, human movement terms and key concepts.

Covering all major anatomical areas, the book includes: an A-

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to-Z guide to anatomical terms
and concepts. clear and
detailed anatomical
illustrations cross-referenced
entries throughout highlighted
key terms 'hot topics'
discussed in more detail full

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references and a list of suggested further reading. Functional Anatomy for Sport and Exercise is a must-have supplement for undergraduates in applied anatomy, functional anatomy, kinesiology, physical

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education, strength and conditioning, biomechanics and related areas. Clare Milner is Assistant Professor in Biomechanics at the University of Tennessee, USA
Experience the raw energy and

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aesthetic beauty of dance as you perfect your technique with Dance Anatomy. Featuring hundreds of full-color illustrations, Dance Anatomy presents more than 100 of the most effective dance,

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movement, and performance exercises, each designed to promote correct alignment, improved placement, proper breathing, and prevention of common injuries. The exercises are drawn in stunning detail,

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capturing the dancer in motion and highlighting the active muscles associated with each movement so you can develop and strengthen different areas of the body. You will clearly see how muscular development

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translates into greater poise and elegance on the stage. Each chapter addresses a key principle of movement to help you improve performance, beginning with the center of the body, where dance begins.

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You will learn exercises to target specific areas, such as shoulders and arms, pelvis, and lower legs to enhance flexibility and ensure safety. You will also discover more efficient ways of improving

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your lines and technique by implementing a supplementary conditioning program that takes into account your changing cycles of classes, practices, and times of rest. Regardless of your ability level

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or dance style, Dance Anatomy will help you master the impeccable balance, intense muscular control, and grace to prepare you for your next leading role!

The Anatomy of Speed

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How to Enhance and Project
Your Best Voice

Anatomy of Core Stability

A Safe Workout Program for
Core Strength

Anatomy of Movement

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While speed is often viewed as the defining characteristic of elite athletic performance, there remains plenty of misinformation and confusion about what speed

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truly is and how it can be developed. Speed is far more than seconds on a stopwatch—it is the result of multiple anatomical systems working together in highly coordinated

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unison, from the cross-body co-contractions of deep myofascial tissues to the pulsing contract-and-release cycle of the nervous system. The Anatomy of Speed is a

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resource like no other. Bill Parisi, the internationally recognized expert and founder of Parisi Speed School, delves deep into the physiological mechanisms

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of speed through in-depth interviews with top experts and researchers in the field. The text provides scientifically proven exercises and drills for developing

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speed that will help performance coaches and athletes more effectively maximize development of this precious attribute. Using detailed photo sequences, enhanced with

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anatomical overlays, you will understand the different manifestations of speed, the biomotor systems that drive them, and scientifically proven drills and exercises for

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developing these
abilities: Acceleration
Maximum velocity
Deceleration Change of
direction Agility
Maneuverability Speed-
specific strength The

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Anatomy of Speed converts the science into practical application, allowing you to select the most effective drills and exercises, and tailor a training program unique to

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your athlete's needs. The exercises—which are each designated as basic, moderate, or advanced—are organized by complexity and speed-related categories. Exercises

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aimed at improving range of motion and priming the nervous system set the stage for optimal results. Speed-specific strength exercises use equipment like free weights,

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medicine balls, and sleds to target important speed and change-of-direction qualities. A practical programming chapter helps you assemble it all into individualized training

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based on sport, position, body type, skill level, movement preference, and training history. Speed comes in many forms. It is a physical skill that can be developed and improved

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with targeted training and a solid understanding of mechanics. The Anatomy of Speed offers equal parts science, art, and practical application to do just that. CE exam

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available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Anatomy of Speed Online CE Exam may be purchased

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separately or as part of The Anatomy of Speed With CE Exam package that includes both the book and the exam.

Functional training develops the attributes

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and abilities required to perform tasks, skills and activities useful and relevant to daily life. Functional Exercise and Rehabilitation serves as an accessible and visual

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guide providing the essentials of therapeutic exercise and rehabilitation, including mobilization, stabilization and myofascial release. This

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book begins by explaining functional training and the foundation of the STRIVE approach. Chapter 2 introduces functional anatomy and Chapter 3 explains the fundamentals

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of neuroscience. The final chapters discuss the STRIVE principles and apply them to exercise, program design and injury recovery. Each chapter includes key point boxes,

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illustrations and photos of exercises discussed. Written by an exercise specialist and osteopath, this practical guide is presented in an easy-to-read style. Functional

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Exercise and
Rehabilitation is
essential reading for all
health professionals,
sports therapists and
trainers involved in
exercise prescription.

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The term “functional training” has been associated with a fair amount of controversy ever since it became part of the fitness training vernacular more than a

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decade ago. In *Functional Training Anatomy*, noted strength and conditioning specialists Kevin Carr and Mary Kate Feit cut through the clutter and misconceptions about

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functional training and cover all aspects of how to build a purposeful, effective, and efficient program that provides the strength, stability, and mobility you need to

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support your body in life and in sports. Beginning with a clear definition of what functional training entails, you will learn about the importance of mobility training and its

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impact on movement quality, performance, and injury reduction. Use the warm-up activities to prepare for high-intensity activities. Use the medicine ball and

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plyometric exercises to learn to produce and absorb force. Develop power with Olympic lifts, kettlebell swings, and jumping exercises. Improve strength in the upper

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body, lower body, and core with hip-dominant, knee-dominant, pushing, pulling, and core exercises. See the inner workings of each of the exercises with superb full-

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color illustrations that show the primary and secondary muscles and connective tissue being used. The detailed instructions for these multiplanar and unilateral

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exercises ensure you execute each one correctly and safely. The Functional Focus element shows how the exercises translate to specific activities, whether that be an

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explosive athletic move or simply moving a box.

Functional Training

Anatomy incorporates

traditional and

nontraditional exercises

and mobility drills that

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will help you increase functional strength and reduce injury so your body is prepared to support the demands of athletic performance and daily living. CE exam available!

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For certified professionals, a companion continuing education exam can be completed after reading this book. The Functional Training Anatomy Online CE Exam may

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be purchased separately or as part of the Functional Training Anatomy With CE Exam package that includes both the book and the exam.

An illustrated guide to

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the anatomy of the abdominal muscles and how to tone them successfully without injury • Presents the 16 most effective and safest abdominal exercises for great abs • Reveals

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how common ab exercises, such as crunches, can damage the spine, pelvic floor, diaphragm, and internal organs • Offers tips to get rid of belly fat--both superficial fat

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and deeper visceral fat
Presenting a new type of
abdominal exercise program
designed with the body's
anatomical relationships
in mind, Blandine Calais-
Germain reveals the 6

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underlying principles for working the abs efficiently, 7 exercises to get you ready, and the 16 most effective and safest abdominal exercises for a flat belly. Pointing

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out that ab exercises are not without risk, she reviews the most common abdominal exercises, such as crunches and leg lifts, and explains how to avoid injury to the neck, lower

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back, pelvic floor, diaphragm, prostate, and internal organs as well as how to protect these vital structures with appropriate abdominal work. Exploring this often

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misunderstood region of the body in her trademark anatomical style, Calais-Germain details the muscular structures that make up the abs, revealing that strength alone is not

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the sole factor in a flat stomach. Including tips to get rid of belly fat--both superficial fat and deeper visceral fat--this book reveals how to get great abs, lose weight, gain

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strength, and build your core all without hurting yourself.

The Ultimate Guide to
Functional Anatomy
Functional Exercise and
Rehabilitation

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Anatomy and 100 Essential
Stretching Exercises
Functional Anatomy for
Sport and Exercise
No-Risk Pilates
Stretching Anatomy-2nd
Edition

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A new addition to the best-selling series, for the burgeoning over 50 population. Studies abound confirming what we all know: use it or lose it. Exercise of any kind has a profound positive effect on health, longevity, disease prevention and a sense of well-

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being. The exercises in Anatomy of Exercise for 50+ will support good health at any age, but for those over fifty they can help in the prevention of age-related problems like joint mobility, balance and fatigue, as well as medical conditions like heart

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disease, colon cancer, diabetes, osteoporosis, arthritis and Alzheimer's. Anatomy of Exercise for 50+ follows the successful format of the "Anatomy of" books--Anatomy of Exercise, Anatomy of Muscle Building, Anatomy of Yoga--which have

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together sold more than 100,000 copies. Their revolutionary approach is the combination of photographs and lifelike anatomical drawings that reveal in colorful detail exactly which muscles are engaged and benefitting from each exercise.

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The book's organization allows the user to approach the exercise according to his or her needs or by the type of exercise. The contents are: Introduction: Staying Fit at Any Age Full-Body Anatomy Warm-Ups Stretches Upper-Body Exercises Core

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Strengthening Exercises Core
Stabilizing Exercises Healthy Back
Exercises Lower-Body Exercises
Yoga-Based Exercises Swiss Ball
Exercises. Those who want to
take control of their health (at
whatever age), fitness trainers,
physiotherapists, and activity

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managers in community care facilities, retirement homes and nursing homes will find Anatomy of Exercise for 50+ an instructive and practical resource.

A new addition to an innovative series with sales exceeding 250,000.

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Awareness of movement potential,” says author Jo Ann Staugaard-Jones, “is key to a healthy body and injury prevention.” The Anatomy of Exercise & Movement shows readers how to gain that awareness by understanding the

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biomechanics of movement. In ten chapters, color-coded for easy reference, the author covers all of the major muscle and joint areas, including the spine; core region; shoulder; elbow; wrist and hand; and hip, knee, and ankle/foot joints. Most importantly, each

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chapter contains strengthening and stretching exercises for all of the above areas. Developed as a handbook, The Anatomy of Exercise & Movement is an accessible resource for anyone who would like to know more about his or her body, how it

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moves, and what can be done to improve that movement. The more than 275 high-quality, four-color anatomical drawings and the broad scope of muscle and joint groups make this one of the most important guides to the moving body on the market. A

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helpful “Myths” page at the end of each chapter debunks many of the misunderstandings and rumors about fitness that have circulated over the years. Pilates is the fastest growing exercise trend! Finally, an anatomy textbook that is for

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Pilates practitioners. Now you can easily learn what you need to be able to teach the Method. Clear anatomical drawings that relate to specific exercises with definitions of muscles and how they work and where they attach. Muscle recruitment is explained

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for each exercise. Essential for
any Pilates teacher or trainer.

Plyometric Anatomy

Anatomy of Strength Training

Anatomy of Pilates

A Trainer's Guide to a Long and
Healthy Life

Introduction to Sports

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Biomechanics

Pilates Anatomy

Functional Anatomy for Sport and
Exercise: A Quick A-to-Z Reference
is the most user-friendly and
accessible available reference to
human musculoskeletal anatomy in

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its moving, active context. Fully updated and revised, the second edition features more illustrations to enhance student learning and an expanded hot topics section to highlight key areas of research in sport and exercise. An accessible

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format makes it easy for students to locate clear, concise explanations and descriptions of anatomical structures, human movement terms and key concepts. Covering all major anatomical areas, the book includes: an A-to-Z guide to

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anatomical terms and concepts, from the head to the foot clear and detailed colour illustrations cross-referenced entries throughout hot topics discussed in more detail in sports examples discussed in more detail full references and suggested

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further reading This book is an essential quick reference for undergraduate students in applied anatomy, functional anatomy, kinesiology, sport and exercise science, physical education, strength and conditioning, biomechanics and

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athletic training.

A version of the OpenStax text

A ground-breaking series featuring
amazing computer-generated 3D
anatomical images highlighting key
muscle groups.

Perfect for beginning and advanced

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fitness practitioners alike, this is an in-depth look into the most magnificent machine ever created--the human body. Using detailed anatomical illustrations, *New Anatomy for Strength and Fitness Training* provides you visual

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insight into what happens to this organic machine during exercise--muscles and tendons working in concert to strengthen your body's building blocks. With a basic knowledge of how the body works, you can buff up your body

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with more than 75 selected exercises, grouped by body region and involving gym machines, free weights, and body weight/stretching, as well as yoga and Pilates. Each exercise is vividly illustrated by a full-color anatomical illustration of

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the targeted muscles, together with instructions on execution and technique.

8 Techniques for a Safe Full-Body
Workout

Kinetic Anatomy

The Anatomy of Pilates

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The Pelvis in Pregnancy

Analysing Human Movement
Patterns

Quick Reference

***A strong core is crucial
to injury prevention in
most sports and has the***

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added benefit of giving the body a trimmer shape around the waist and torso. An essential part of any complete fitness programme, building core stability could not be

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*simpler with this clear
and accessible
illustrated guide to
strength and balance in
the muscles of the
trunk. With the
anatomical illustrations*

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*incorporated into the
exercises you cannot
help but get the whole-
body perspective on your
workout, and keep
abdominal training in
check with the muscles*

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*of the back and obliques
- a revelation to anyone
who takes their exercise
seriously. The Anatomy
of Core Stability
provides the reader with
a wealth of information,*

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*illustrating the
stretches and exercises
step-by-step. Also
included are sidebars
showcasing relative
difficulty levels and a
quick 'Do It Right'*

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checklist.

*An illustrated guide to
the dynamic
physiological structures
that create and
individualize the voice*

- *Explores the*

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structures of the vocal tract and their functional relationships to the entire musculoskeletal system with detailed drawings • Examines the components

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of the larynx and pharynx, the effects of muscular tensions on the vocal cords, the importance of skeletal alignment, and the complex roles of the

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*diaphragm, soft palate,
lips, and tongue in
vocalization • Provides
exercises and techniques
for increased air flow,
correct posture, proper
tongue position, jaw*

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*relaxation, and toning
of the soft palate to
improve the voice When
we use the voice, we
involve the entire body.
Our internal balance,
muscular tone, skeletal*

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alignments, soft tissue flexibility, and even our eye movements are reflected in the voice we project to our audience, whether one person or thousands.

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*Using the signature
anatomical style of
Blandine Calais-
Germain's groundbreaking
book Anatomy of
Movement, this
illustrated guide*

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*presents a dynamic,
integrated study of the
physical structures of
the vocal tract and
their functional
relationships to the
entire musculoskeletal*

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system. From the individual bones and muscles of the head and neck to the intricate structure of the shoulders to the abdominal muscles and

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pelvis, the authors explain how each part of the body moves, flexes, vibrates, and supports the creation and individualization of the voice. With detailed

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*drawings and clear,
concise text, they
examine the individual
components of the larynx
and pharynx, the effects
of muscular tensions on
the vocal cords, proper*

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*alignment of the skull,
rib cage, and pelvis,
the intimate
relationship between
breath and voice, and
the complex roles of the
diaphragm, soft palate,*

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lips, and tongue in vocalization. They provide simple exercises and techniques for increasing air flow and force, correct posture, proper positioning of

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*the tongue, relaxation
of the jaw, and toning
of the soft palate.*

*Whether singer, teacher,
actor, lawyer,
politician, or workshop
leader, this book*

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*reveals how
understanding your vocal
anatomy enables you to
express your best voice.
Stretching Anatomy,
Second Edition, is a
visual guide to 86*

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*stretches for increasing
range of motion,
muscular strength,
stamina, posture, and
flexibility. Step-by-
step instructions
describe how to perform*

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each stretch, while 110 full-color anatomical illustrations highlight the primary muscles and surrounding structures engaged.

Barron's Anatomy and 100

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Essential Stretching Exercises helps you improve your flexibility, overcome physical ailments, and increase your overall sense of well-being.

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This comprehensive guide features over 100 stretching exercises to help you improve your range of motion, decrease discomfort, and prevent injuries. Easy-

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to-understand exercises are clearly illustrated and contain simple, precise instructions for the proper way to stretch every part of your body. This guide

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includes: Effective exercises for athletes, non-athletes, and those searching for pain relief associated with injuries Step-by-step methods for the most

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*effective exercise
routines Anatomical
descriptions of the
parts of the body and
the muscles being worked
Photographic
representations of each*

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exercise, with detailed illustrations of the primary and secondary muscles Explanatory text that ensures correct techniques and proper safety precautions The

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*numbers of repetitions
needed depending on
fitness levels
(beginner, intermediate,
advanced) and the
physiological benefits
of each exercise A quick*

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*reference guide to the
most beneficial
stretches for specific
ailments, and more*

*New Anatomy for Strength
& Fitness Training*

Myofascial Meridians for

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*Manual and Movement
Therapists*

*A Trainer's Guide to
Staying Fit Over Fifty*

Dance Anatomy

*The 5 Essential
Exercises*

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A Quick A-to-Z Reference

Created primarily for those who will work in physical activity fields, the third edition of Kinetic Anatomy continues to building on its previous editions to assert itself as the ideal resource for learning structural

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anatomy and how it affects movement. The text gives students a firm concept of musculoskeletal anatomy by systematically assembling each component of the human body. Layer by layer, readers will study bones, ligaments,

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joints, and muscles on the bones, as well as the nerves and blood vessels that supply these muscles that are essential for movement. Kinetic Anatomy, Third Edition, includes coverage of three major structures that are not often

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considered when studying the anatomy of movement: the brain, heart, and lungs. As the centerpieces for the nervous, cardiovascular, and respiratory systems, these structures are essential to human movement and

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are highlighted throughout the text where appropriate. In addition, other fundamental features make this resource a valuable tool for learning and teaching human anatomy:

- A one-year subscription to Musculoskeletal Anatomy

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Review, an online anatomy program, provides an interactive forum for reviewing regional structural anatomy. • A new chapter on the head completes the regional approach followed in the text. • More information on muscle and

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motor units helps broaden information on movement potential in selected sport activities. • Expanded discussion on joint strength and movement and the function of muscles (agonists, antagonists, stabilizers, and

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synergists), levers, and exercise supports understanding of how the human body is constructed. • Full-color photos and illustrations enhance the learning experience. • New Functional Movement Exercises provide students with the

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opportunity for practical application of their studies by asking them to identify the prime mover, antagonist, fixator, and synergist muscle in a particular movement. • Hands On exercises throughout the book offer students practice in

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physically identifying anatomical structures on themselves or on a partner. Included with each new text is a key code allowing students one-year access to the online anatomy program Musculoskeletal Anatomy Review. This engaging

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supplement to the text offers a regional review of structural anatomy with exceptionally detailed, high-quality graphic images—the majority provided by Primal Pictures. Students can mouse over muscles and click for

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muscle identification, and each chapter features a pretest and posttest evaluation to help students pinpoint knowledge gaps and test their retention. The pretest can be taken multiple times and is generated randomly so it will never

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be the same, but the posttest may be taken only once. Test results can be printed and turned in so instructors have the option to use the tests as a grading tool. To further facilitate learning, each chapter in the book concludes with

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a review of the key terms referred to in the chapter, suggested learning activities, and review questions in multiple-choice and fill-in-the-blank formats. The answers to the questions are provided at the end of the book. For instructors, a

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new image bank accompanies the updated instructor guide and test package to aid in delivering the course content. Kinetic Anatomy, Third Edition, is an outstanding introductory resource for those who plan to specialize in any field

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related to physical activity. Readers will learn what structures are involved in movement and how those structures should function, allowing them to identify problems and correct them to enhance physical activity.

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An illustrated hands-on guide to the dynamics of the female pelvis for expectant mothers, midwives, and birth professionals • Provides fully illustrated exercises to help the expectant mother prepare her

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discomfort, enhance the productivity of contractions, aid the internal expansion of the pelvis, and prevent and treat issues that may arise such as “failure to progress” The dynamic power of the female pelvis is the key to a

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gentle birth. Throughout pregnancy, hormones soften the ligaments and joints of the pelvis in preparation for labor, a time when the four bones of the pelvis--the two ilia (hip bones), the coccyx (tailbone), and the sacrum--do their intimate dance

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of release, rotation, and counter-rotation around the soon-to-be newborn. In this hands-on guide based on 15 years of research and workshops in maternity wards, movement teachers and health professionals Blandine Calais-

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Germain and Núria Vives Parés detail the anatomical intricacies of the female pelvis and its capabilities for expansion and return to its original form. Providing fully illustrated exercises to help the expectant mother prepare for this

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pelvic transformation and gain confidence in her body ' s innate ability to birth her child, they also present a variety of movements and positions for use during the different stages of labor to ease discomfort, enhance the productivity of

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contractions, aid the internal expansion of the pelvis, and prevent and treat issues that may arise such as “failure to progress.” Ideal for the expectant mother and her birthing partner, this book will be a welcome addition to the library

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considerations and set the book apart from others in its field Primary Focus While much is new in this second edition, Clippinger retains her emphasis on presenting the anatomical

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and kinesiological material that is essential for dancers to understand. The text includes descriptions of joint structure, key muscles, common alignment problems,

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select joint mechanics, and movement analysis and includes sample strength and flexibility exercises for each region of the body. Accessible to a Wider Audience Clippinger

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has made this second edition more engaging to a wider audience and narrowed the scope of the material so it can be more readily covered in a single undergraduate

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teachers a clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems. It will provide

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dancers with a better understanding of overcoming technique challenges and preventing injuries. Its solid grounding in the sciences, along with the art and

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accessible text, will help teachers become more effective and empower dancers to realize their potential and artistic vision. Quotes The first edition of Dance Anatomy

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*and Kinesiology was hailed
by reviewers as “most
likely to become the
definitive text in dance
anatomy, kinesiology, and
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(Journal of Dance Medicine*

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and Science); “a must for any dance teacher who is serious about helping their students” (*Australia Dance Teacher Magazine*); and “the most substantive dance science resource to

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Examines the correct movements, specific risks, and common mistakes associated with 8 fundamental Pilates exercises, including practices using Pilates exercise equipment • Offers

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guidelines to increase the effectiveness of your Pilates workout, maintain correct alignment, improve stability, and prevent injury to the pelvis, back, wrists, and ankles Developed in the early

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20th century by accomplished boxer and gymnast Joseph Pilates, the Pilates Method aligns the body, builds long, lean muscles, and develops core abdominal strength.

However, practiced

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improperly, Pilates exercises can lead to injuries such as pinched discs, hyperextension of the wrists, or low-back pain. No-Risk Pilates reveals how to minimize the risk of injury and maximize physical benefit for

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a strong, toned, and aligned physique. Using Blandine Calais-Germain's signature anatomical style, this illustrated guide examines the body's movements during 8 fundamental Pilates exercises,

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including practices using the Pilates Reformer, and explores the specific risks and common mistakes associated with each exercise. Detailing how injuries occur to the pelvis, back, wrists, and ankles

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during Pilates, the authors offer tips and guidelines to maintain correct alignment, improve stability, and prevent injury as well as increase the effectiveness of your Pilates workout.

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Created by Joseph Pilates during the early 20th century, Pilates is used by millions today to improve their physical and mental well-being. Much of its appeal lies in its simple, low-impact

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approach, which is ideal for injury prevention, rehabilitation, and general physical health. Based on a series of precise movements and the employment of equipment such as rubber

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balls and exercise bands, Pilates emphasizes concentration, control, alignment, core stability, and proper breathing. The Anatomy of Pilates shows what actually happens to the

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body's muscles and joints during Pilates exercises. Each two-page spread features detailed anatomical illustrations of an exercise (with muscle actions highlighted in red), a detailed

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description of the exercise and its objectives, the particular breathing pattern to be used, a list of the specific muscles being worked, visualization techniques, complementary exercises, and more. The

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Anatomy of Pilates is an accessible, authoritative guide for current and prospective teachers of Pilates, practitioners at all skill levels, physical therapists, and other health professionals.

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