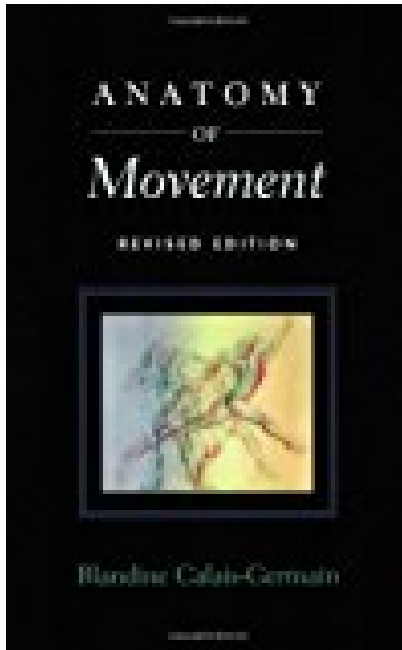


Anatomy of Movement Revised Edition



BOOK DETAILS

- Author : Blandine Calais-Germain
- Pages : 316 Pages
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BOOK SYNOPSIS

Anatomy of Movement: Exercises, the companion volume to Anatomy of Movement, describes and illustrates, through hundreds of photographs and drawings, a comprehensive series of exercises involving the most common movements of the body. Over a hundred new illustrations were added in this revised edition. The exercises were chosen on the basis of their effectiveness and with concern for their safety. Some are designed to focus on strengthening a particular region or muscle group, others the entire body. Each exercise prepares the body to respond well to the demands of particular movements. Together they serve as a basis for the more specialized movements associated with various physical disciplines and therapies.

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