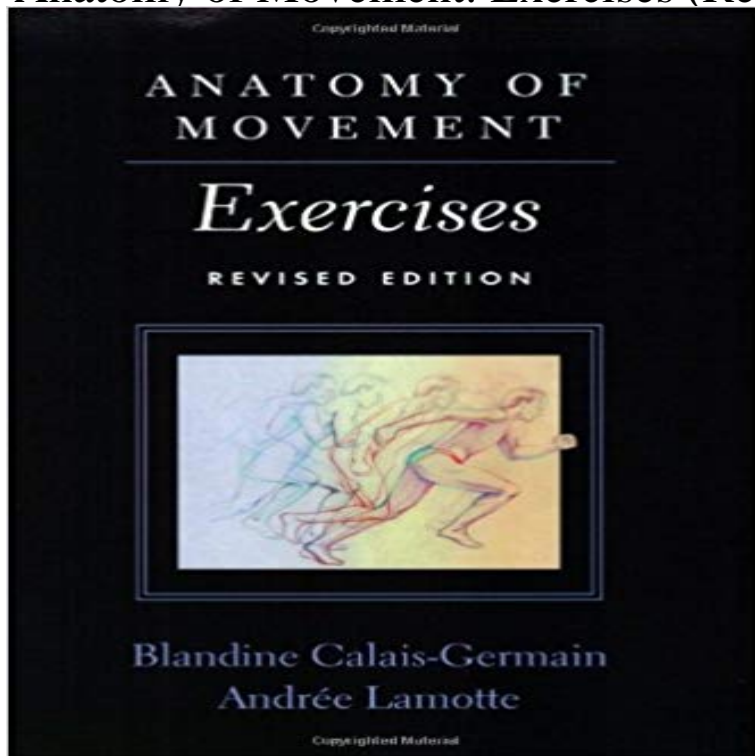


Anatomy of Movement: Exercises (Revised Edition)



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. Presentation follows the sequencing in Anatomy of Movement. For each body region the authors describe characteristic movements; potential sources of stiffness or laxity and how to detect, prevent, and overcome them; how to strengthen specific muscles or muscle groups; and how to coordinate movements. This is followed by practice pages; on which specific exercises are demonstrated.

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