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Anatomy of Performance Training Global anatomy: a performance The Anatomy Book for Musicians Anatomy Live Horse Anatomy for Performance Archery Anatomy Applied Anatomy & Biomechanics in Sport Exercise Physiology Exercise Physiology Performing Specimens Anatomy for Strength and Fitness Training for Speed and Sport Posture and Performance Running Anatomy Performance and the Medical Body The Anatomy of a High-Performance Microprocessor Functional Anatomy in Sports Basketball Anatomy Anatomy of the Moving Body, Second Edition Dance Anatomy and Kinesiology Posture and Performance Functional Training Anatomy Soccer Anatomy Survival Of The Fittest Applied Anatomy and Biomechanics in Sport Applied Anatomy of Aerial Arts Swimming Anatomy Encyclopedia Triathlon Anatomy Cycling Anatomy Basketball Anatomy Tennis Anatomy Encyclopedia of Exercise Anatomy The Science of Athletic Performance Romantic Anatomies of Performance Dance Anatomy Running Anatomy Dance Anatomy and Kinesiology The Case of Second Floor Anatomy of Sports Injuries Posture and Performance

Anatomy of Performance Training 2014-09-25

we train because we are human and we become human because we train this is the surprising and original conclusion of anatomy of performance training in which john matthews shows how training is a very human response to the problems of having a body and living in the world using illustrative case studies of professional practice each chapter addresses a specific body part offering a self contained discussion of its symbolic and practical significance in the artistic and commercial activities of training these anatomical case studies are cross referenced with other disciplines such as sport high diving deep diving and artisan craft to further expand our understanding of performance stand alone chapters ideal for reference build towards an overall conclusion that the uniquely human practice of training is emerging as a new and pervasive ideology globally ideal for readers seeking to understand the relationship the body has with the theatre and training or for teachers looking for a new innovative approach to performance anatomy of performance training is an accessible original contribution to the philosophy of training for performance

Global anatomy: a performance 2008

gross anatomy the study of anatomical structures that can be seen by unassisted vision has long been a subject of fascination for artists for most modern viewers however the anatomy lesson the technically precise province of clinical surgeons and medical faculties hardly seems the proper breeding ground for the hybrid workings of art and theory we forget that in its early stages anatomy pursued the highly theatrical spirit of renaissance science as painters such as rembrandt and da vinci and medical instructors like fabricius of aquapendente shared audiences devoted to the workings of the human body anatomy live performance and the operating theatre a remarkable consideration of new developments on the stage as well as in contemporary writings of theorists such as donna haraway and brian massumi turns our modern notions of the dissecting table on its head using anatomical theatre as a means of obtaining a fresh perspective on representations of the body conceptions of subjectivity and own knowledge about science and the stage critically dissecting well known exhibitions like body worlds and the visible human project and featuring contributions from a number of diverse scholars on such subjects as the construction of spectatorship and the implications of anatomical history anatomy live is not to be missed by anyone with an interest in this engaging intersection of science and artistic practice

The Anatomy Book for Musicians 1996

examine the anatomy of a horse from an entirely different perspective this intriguing and original explanation of the 11 internal body systems of horses shows them painted on the outside to describe everything on the inside the horse is a highly sophisticated living organism so to enable him to reach his full athletic performance and give him a happy healthy quality of life it is vital to understand both his capabilities and limitations within the context of his structure and function gillian higgins turns her trademark technique of painting internal diagrams directly onto live horses to show how all the systems work and work together to influence performance and reduce the risk of injury divided into 12 chapters horse anatomy for performance combines high quality photographs and intricate paintings with top tips and fascinating facts to provide a practical and useful guide to horse anatomy visually appealing original and easily understandable the book explains how anatomy influences the way we manage ride and train our horses this book is a sequel to how your horse moves by gillian higgins together the books provide a comprehensive guide to horse anatomy in action finally a book where you can learn how your horse ticks inside out and it is easy to understand and fun to read a must for every serious equestrian dr w bechtolsheimer

Anatomy Live 2008

archery anatomy looks at archery techniques from the point of view of the interrelationship between the anatomy of the human body and the anatomy of the bow written by an archery expert it highlights the primary power sources involved in the performance of the sport and enables coaches and archers alike to understand and perfect their skills in ways that use the natural movements of archer and bow in co ordination the book is not tied to any specific national or international rules it can be used by archers throughout the world to gain an understanding of the bio mechanics of the sport originating from the author s awareness that the basic problems of most archers stemmed from their ignorance of these aspects it should make an invaluable contribution to the overall improvement of performance standards archery anatomy combines clear accurate drawings and diagrams with explanatory text to provide an essential primer on the subject

Horse Anatomy for Performance 2012-04-01

applied anatomy and biomechanics in sport explains how state of the art advances in sports science can be used in coaching to achieve an optimal skill performance either for the average performer or the elite athlete this book focuses on the individual rather than the group coaching approach of the past it is the first book of its type to systematically apply anatomy and biomechanics to sports coaching the book is highly applied and concentrates on the ways in which the human body and an individual s technique can be modified to achieve optimal performance

Archery Anatomy 2017-08-01

exercise physiology for health and sports performance brings together all the essential human anatomy and applied physiology that students of exercise science physical education and sports coaching need to know written in a friendly accessible style and containing a wide range of features to help develop understanding this book provides a complete one stop shop for exercise physiology the book is split into two key parts part one introduces the fundamental principles of nutrition biochemistry cell biology and the energy systems part two builds on this foundation by applying the theory to exercise and sports performance in practice with this innovative approach the text enables you to become confident in your knowledge and understanding of energy generation and training principles for all sports including coverage of exercise in extreme environments and applications of physical activity for health this will be the only exercise physiology textbook

you will need

Applied Anatomy & Biomechanics in Sport 1995-03-29

exercise physiology for health and sports performance brings together all the essential human anatomy and applied physiology that students of exercise science physical education and sports coaching will need to know written in a friendly accessible style and containing a wide range of features to help develop understanding this book provides a complete one stop shop for exercise physiology broken down into three fundamental sections foundations of exercise physiology applied exercise physiology and the new part three exercise prescription with section one and two examining the theory testing and practical applications of exercise physiology this new section reflects the changes in the field by increasing focus on physical activity and special populations and helps provides a more complete course text for any exercise physiology course at universities around the world the newly revised book is key reading for undergraduate and postgraduate students in the fields of exercise physiology sports performance sports therapy fitness and personal training and other related sport science courses

Exercise Physiology 2014-12-05

through an examination of examples from performance museum displays and popular culture that stage the body as a specimen performing specimens maps the relations between these performative acts and the medical practices of collecting storing and showing specimens in a variety of modes and contexts moving from an examination of the medical and historical contexts of specimen display in the museum and the anatomy theatre to contemporary performance gianna bouchard engages with examples from live art bio art popular culture and theatre that stage the performer s body as a specimen it examines the ethical relationships involved in these particular moments of display both in the staging and in how we look at the specimen body this is a landmark study for those working in the fields of theatre performance and the medical humanities with a specific focus on the ethics of display and the ethics of spectatorship emerging at the intersection of performance and medicine among the works and examples considered are 18th century anatomical waxes from the museo di storia naturale la specola in florence italy and their contemporary version in the bodyworlds exhibition of plastinated corpses organ retention scandals current legislation such as the human tissue act 2004 the work of performance company clod ensemble and stein holum projects the performer and disability activist mat fraser and live artist martin o brien alongside visual artists helen pynor and peta clancy artists peggy shaw and orlan

Exercise Physiology 2023-12-13

what does it take to succeed in sports the formula for being a champion can be distilled into several skill sets that are essential for playing at a competitive level with some of the most important being strength speed and stamina this full colour illustrated training guide takes an in depth look at your muscles at work during various sporting activities making it crystal clear how to tailor your training to your specific needs whether you play football baseball tennis basketball rugby lacrosse the anatomical illustrations used in this book show exactly how your muscles are engaged and how to improve your performance not only will athletes get the ultimate look at what happens to their bodies during bursts of speed they will also find running and sprinting activities elastic band overspeed activities stretching activities exercises to develop the muscles around the knees to limit potential injury and general lower body development the book is divided into eight sections that focus on strength training and developing a conditioning programme sure to be a valuable reference for professionals and novices alike anatomy for strength fitness training for speed and sport features everything readers need to know to utilize and sustain speed and strength the smart way

Performing Specimens 2020-01-09

see how to improve your running strength speed and endurance with running anatomy second edition this new edition of the best selling running guide delivers more exercises more insight and more illustrations to show you how to increase your muscle strength optimize the efficiency of your running motion and minimize your risk of injury running anatomy features 48 of the most effective strength exercises for runners each with clear step by step descriptions and full color anatomical illustrations highlighting the muscles in action each illustration helps you better understand how muscles ligaments and tendons all work together as your body moves running anatomy clearly links each exercise to running performance you ll see how to strengthen specific muscles and improve gait efficiency for faster times and more fluid runs plus you ll learn how to eliminate anatomical imbalances that can lead to the most common injuries that runners face including plantar fasciitis lower back pain knee aches and strains and torn muscles and tendons feel prepared for any challenge that comes your way you ll find variations to train for every condition and competition for various terrains speeds elevations and distances from sprint to marathon you ll also learn how new gear and technology enhanced equipment can maximize your training and performance whether you re a fitness runner looking to conquer hills with more speed and strength or a competitive runner looking for that extra edge in performance and a finishing kick running anatomy will ensure that you re ready to achieve your personal best earn continuing education credits units a continuing education exam that uses this book is also available it may be purchased separately or as part of a package that includes both the book and exam

Anatomy for Strength and Fitness Training for Speed and Sport 2016-12-01

this edited collection focuses on performance practice and analysis that engages with medical and biomedical sciences after locating the biologization of theatre at the turn of the twentieth century it examines a range of contemporary practices that respond to understandings of the human body as revealed by biomedical science in bringing together a variety of analytical perspectives the book draws on scholars scientists artists and practices that are at the forefront of current creative scientific and academic research its exploration of the dynamics and exchange between performance and medicine will stimulate a widening of the debate around key issues such as subjectivity patient narratives identity embodiment agency medical ethics health and illness in

focusing on an interdisciplinary understanding of performance the book examines the potential of performance and theatre to intervene in shape inform and extend vital debates around biomedical knowledge and practice in the contemporary moment

Posture and Performance 2018-05-09

this work describes in detail the microarchitecture of a high performance microprocessor giving an integrated treatment of platform and systems issues relating to the design and implementation of microprocessor based systems this book is a reference for individuals building systems using microprocessors and readers looking for significant insights into fundamental design guidelines that transcend the design implementation and use of a specific microprocessor practitioners academics and technical and product managers alike will benefit from this detailed overview of microprocessors platforms and systems for years in the future

Running Anatomy 2016-02-25

an accessible anatomy book covering the muscles bones and joints of the moving body with stunning 3d illustrations perfect for movement oriented therapists students and athletes deepen your understanding of human anatomy while developing a greater functional and self awareness of the body in motion learning anatomy requires more than pictures and labels it requires a way into the subject a means of making sense of what is being shown anatomy of the moving body addresses that need with a simple yet complete study of the body s complex system of bones muscles and joints and how they function beautifully illustrated with over one hundred 3d images this second edition contains thirty one lectures that guide readers through this challenging interior landscape author theodore dimon jr describes each part of the body in brief manageable sections with components described singly or in small groups he goes beyond simply naming the muscles and bones to explain the exact terminology in everyday language other topics include the etymology of anatomical terms origins and attachments of muscles and their related actions major functional systems such as the pelvis ankle shoulder girdle and hand major landmarks and human topography structures relating to breathing and vocalization this edition features all new illustrations that use a 3d digital model of the human anatomical form thorough visually interesting and easy to understand anatomy of the moving body second edition is an ideal resource for students and teachers of the alexander and feldenkrais techniques as well as for practitioners of yoga pilates martial arts and dance

Performance and the Medical Body 1998-06-18

dance anatomy and kinesiology will help dancers learn anatomical and biomechanical principles as they apply to dance performance the text focuses on optimal dance movement and the related principles for understanding the function of body joints and by applying those principles dancers can help reduce their risk of injury and enhance their performance longevity dance anatomy and kinesiology includes special practical applications concept demonstrations provide hands on exercises to try tests and measurements are specific to selected regions of the body dance cues help analyze cue effectiveness and promote optimal movement execution study questions and applications help apply chapter concepts attachments provide the pronunciations attachments and key actions of the primary muscles covered in this text this text offers valuable scientific knowledge and understanding for dancers helping them to blend anatomical and kinesiological principles with artistic expression such a blend of science and art will empower dancers to realize their potential and expand their artistic vision

The Anatomy of a High-Performance Microprocessor 1990

a practical and comprehensive riding and training guide through the understanding of how anatomy can affect performance which includes practical tips and exercises broken down into easy to follow steps illustrated throughout with step by step diagrams and colour photographs

Functional Anatomy in Sports 2015

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 decade ago in functional training anatomy noted strength and conditioning specialists kevin carr and mary kate feit cut through the clutter and misconceptions about 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 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 impact on movement quality performance and injury reduction use the warm up activities to prepare for high intensity activities use the medicine ball and plyometric exercises to learn to produce and absorb force develop power with olympic lifts kettlebell swings and jumping exercises improve strength in the upper 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 color illustrations that show the primary and secondary muscles and connective tissue being used the detailed instructions for these multiplanar and unilateral 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 explosive athletic move or simply moving a box functional training anatomy incorporates traditional and nontraditional exercises and mobility drills that will help you increase functional strength and reduce injury so your body is prepared to support the demands of athletic performance and daily living earn continuing education credits units a continuing education exam that uses this book is also available it may be purchased separately or as part of a package that includes both the book and exam

Basketball Anatomy 2008-05-27

take an inside look at the world s most popular sport soccer anatomy will show you how to elevate your game by increasing strength speed and agility for more accurate passes and powerful shots soccer anatomy includes 79 exercises each with step by step descriptions and full color anatomical illustrations highlighting muscles in action soccer anatomy goes beyond exercises by

placing you on the pitch and in the game illustrations of the active muscles involved in kicking heading tackling and diving show you how each exercise is fundamentally linked to soccer performance from attacking to defending to goalkeeping soccer anatomy will improve every aspect of your game you ll learn how to modify exercises to target specific areas based on your style of play personal needs and goals and you can prepare for competition by minimizing injuries using a system developed by fifa s medical research program combining authoritative advice expert instruction and stunning four color illustrations soccer anatomy is truly an inside look at this one of a kind sport whether you re a player coach or fan if you re serious about soccer this is one book you need to own

Anatomy of the Moving Body, Second Edition 2015

discover the secrets of how to perform at your best in 2019 in this fascinating book based soundly in medical science mike stroud of bbc television s the challenge and sas are you tough enough sets out the genetics diet and exercise that enable humans to perform at their peak dr stroud polar explorer practising hospital physician and a former adviser to the ministry of defence analyses individual feats of survival and athletic prowess that illustrate the way the body functions at its best he dissects his own challenging experiences of crossing antarctica with ranulph fiennes running marathons in the sahara and participating in gruelling cross country endurance races in the united states and gives some tips on how to stay fit for life for those of us who find walking the dog an endurance challenge this revised edition includes the story of dr stroud and sir ranulph fiennes incredible 2003 global marathon challenge seven marathons on seven continents in seven days in aid of the british heart foundation the ultimate sporting diet documented in mouth watering detail the times

Dance Anatomy and Kinesiology 2015-09

the application of sport science to coaching has become the most important factor behind the rapid advances in elite sport performances of the past 20 years applied anatomy and biomechanics in sport second edition builds on this idea by helping coaches and sport scientists transfer the latest in sport science principles to their coaching practices by integrating the elements of body structure body composition assessment physiology and biomechanics to assess capabilities and enhance the performance of individual athletes back cover

Posture and Performance 2021-02-08

an illustrated guide to anatomy and biomechanics for aerialists who want to optimize their performance and train safely specifically designed for aerialists including those who do trapeze silks and other aerial arts applied anatomy of aerial arts is an invaluable resource for those who want to optimize their performance and train safely using a biomechanical and movement based approach emily scherb a physical therapist who specializes in the care treatment and education of circus performers explains the anatomical rationale for progressions of learning and demonstrates simple movements to achieve the coordination muscular control strength and fitness to hang with correct form how to progress from hanging into a pull up an inversion and beyond with a strong center precise muscle sequencing and ease of movement aerialists will learn how bones joints muscles and soft tissues allow for specific movements and gain an appreciation for concepts of proximal stability this full color illustrated guide lays a solid foundation for beginners and advanced students with a wealth of insights into their own performance as well as refreshers on fundamentals in warm ups and conditioning it explains how to structure a training session how to care for injuries and best practices for basic self first aid

Functional Training Anatomy 2011-08-26

see how to achieve stronger starts more explosive turns and faster times swimming anatomy will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke swimming anatomy includes 74 of the most effective swimming exercises each with step by step descriptions and full color anatomical illustrations highlighting the primary muscles in action swimming anatomy goes beyond exercises by placing you on the starting block in the water and into the throes of competition illustrations of the active muscles for starts turns and the four competitive strokes freestyle breaststroke butterfly and backstroke show you how each exercise is fundamentally linked to swimming performance you ll also learn how exercises can be modified to target specific areas improve your form in the water and minimize common swimming injuries best of all you ll learn how to put it all together to develop a training program based on your individual needs and goals whether you are training for a 50 meter freestyle race or the open water stage of a triathlon swimming anatomy will ensure you enter the water prepared to achieve every performance goal

Soccer Anatomy 2010-04-01

this bok is essential reading for all fitness professionals coaches and anyone who takes fitness seriously this fully comprehensive volume is the ideal resource for anyone from those looking for clear and simple guidance to health and fitness professionals looking for a detailed guide to exercise anatomy beginner intermediate and advanced whatever your sport or exercise of choice you can find your perfect routine

Survival Of The Fittest 2008

see what it takes to maximize multisport strength power speed and endurance triathlon anatomy will show you how to improve your performance by increasing muscular strength and optimizing the efficiency of every movement triathlon anatomy features 82 of the most effective multisport exercises with step by step descriptions and full color anatomical illustrations highlighting the muscles in action but you ll see much more than the exercises you ll also see their results triathlon anatomy places you at the starting line and into the throes of competition by fundamentally linking each exercise to multisport performance you ll see how to strengthen muscles and increase stamina for running across various terrains cycling steep inclines and swimming in open water you ll learn how to modify exercises to target specific areas reduce

muscle tension and minimize common injuries best of all you'll learn how to put it all together to develop a training program based on your individual needs and goals whether you're training for your first triathlon or preparing for your sixth ironman triathlon anatomy will ensure you're ready to deliver your personal best

Applied Anatomy and Biomechanics in Sport 2018-08-28

see what it takes to maximize cycling power speed and endurance cycling anatomy will show you how to improve your performance by increasing muscular strength and optimizing the efficiency of every movement cycling anatomy features 74 of the most effective

Applied Anatomy of Aerial Arts 2009-10-22

see what it takes to maximize on court power strength agility and quickness basketball anatomy will show you how to improve performance by increasing muscular strength and optimizing the efficiency of every movement basketball anatomy features 88 of the most effective basketball exercises each with step by step descriptions and full color anatomical illustrations to show the muscles in action basketball anatomy goes beyond the exercises by placing you on the court and into the throes of competition illustrations of the muscles involved in pivoting rebounding and shooting show you the exercises are fundamentally linked to basketball performance you'll also step off the court and into the athletic training room to explore the anatomy of the most common injuries to the ankle knee and shoulder as well as exercises for minimizing and recovering from such setbacks basketball anatomy is a must have for all who appreciate the artistry and athleticism of the game whether player coach trainer or spectator

Swimming Anatomy 2014

see your tennis training in a brand new light tennis anatomy second edition will show you how to dominate the competition by increasing strength speed and agility for more powerful serves and more accurate shots emphasizing a movement based approach to conditioning tennis anatomy offers over 75 exercises designed to mimic the unique physical demands of the game and train the body as an integrated unit to maximize explosive power each exercise offers step by step descriptions and full color anatomical illustrations highlighting the muscles in action exercises for the lower body core shoulders back chest arms and wrists along with information on proper acceleration and deceleration mechanics rotational strengthening and lateral movement skills will help you cover the court with strength and efficiency illustrations of the active muscles for forehands backhands volleys and serves show you how each exercise is fundamentally linked to tennis performance you'll also find exercises aimed to protect the body from common tennis injuries and tips for proper recovery so you are always ready to ace the competition authors e paul roetert and mark kovacs have worked at the highest levels of the united states tennis association usta and are experts in tennis training and performance their expertise combined with stunning illustrations ensures tennis anatomy will prepare you to dominate any opponent

Encyclopedia 2012-12-04

this book features a comprehensive range of exercises for the whole body along with detailed anatomical drawings to show exactly which muscles are being worked during each exercise whether you are interested in improving your sporting performance or toning specific parts of your body this format allows you to target your exercise routines to achieve the desired results to help you formulate an all round routine the book also includes workout routines that focus on improving performance in a number of popular sports as well as some to follow to help your body cope with particular stresses or build strength where it is lacking page 12

Triathlon Anatomy 2009

are you looking to improve your athletic performance and take your training to the next level look no further than the science of athletic performance the definitive guide to understanding the anatomy and physiology behind top level athleticism written by renowned sports scientist hadley mannings this book delves into the mechanisms of muscle force production the role of the cardiovascular and respiratory systems and the energy systems at play during exercise mannings also explores the various types of training and the importance of periodization as well as the role of technology in training and competition with practical examples and expert insights the science of athletic performance is a must read for any athlete looking to improve their performance and reach their full potential what makes this book special comprehensive coverage of the scientific principles behind athletic performance practical examples and strategies for improving athletic performance insights from leading experts in the field of sports science easy to understand explanations of complex concepts step by step guidance for designing and implementing a training program but i don't have time to read a whole book on athletic performance don't worry this book is easy to read and full of practical tips and strategies that can be implemented immediately to improve athletic performance it's a quick read that will have a lasting impact on your training and performance don't miss out on the opportunity to improve your athletic performance and take your training to the next level order your copy of the science of athletic performance today and start achieving your athletic goals

Cycling Anatomy 2015-08-20

romantic anatomies of performance is concerned with the very matter of musical expression the hands and voices of virtuosic musicians rubini chopin nourrit liszt donzelli thalberg velluti sontag and malibran were prominent celebrity pianists and singers who plied their trade between london and paris the most dynamic musical centers of nineteenth century europe in their day performers such as these provoked an avalanche of commentary and analysis inspiring debates over the nature of mind and body emotion and materiality spirituality and mechanism artistry and skill j q davies revisits these debates examining how key musicians and their contemporaries made sense of extraordinary musical and physical abilities this is a history told as much from scientific and medical writings as traditionally musicological ones davies describes competing notions of vocal and pianistic health contrasts techniques of training and explores the ways in which music

acts in the cultivation of bodies

Basketball Anatomy 2019-07-09

discover the pure power and aesthetic beauty of dance as you perfect your technique with dance anatomy third edition with more than 100 anatomical illustrations in a vibrant new color palette you will see how specific dance movement and performance exercises will help you maintain posture find more flexibility breathe appropriately and reduce the risk of injury that is inherent in executing repetitive movements dance anatomy is a must have for every dancer exercises and movements are depicted in stunning detail highlighting the engaged muscles joints and tendons so you can clearly see the connection between training and performance thoroughly updated this third edition features the following 21 new exercises to improve strength mobility and flexibility 42 new illustrations including new dance focus images that explain how the exercises benefit the dancer in different positions and highlight modern expressions in dance new tables in each exercise chapter that describe the location and action of the muscles highlighted so you can see how the muscles contribute to each movement a more robust chapter on brain health that addresses chronic stress and anxiety to provide you with tools for overcoming stage fright or performance anxiety eight popular dance movements featured in large format with explanations of how the anatomy works through the movement each chapter addresses a key principle of movement beginning with the center of the body where dance begins you will find 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 your lines and technique by implementing a supplementary conditioning program that considers your changing cycles of classes practices and rest times dance anatomy will help you master the impeccable balance intense muscular control and grace to prepare you for your next leading role

Tennis Anatomy 2016-09

see what it takes to maximize running strength speed and endurance running anatomy will show you how to improve your performance by increasing muscular strength optimizing the efficiency of your running motion and minimizing your risk for injury running anatomy features 50 of the most effective strength exercises for runners each with clear step by step descriptions and full color anatomical illustrations highlighting the muscles in action but you ll find much more than exercisess you ll also see their results

Encyclopedia of Exercise Anatomy 2022-12-30

suitable for dance teachers and students as well as for dance professionals this text covers the basic anatomical and biomechanical principles that apply to optimal performance in dance focusing on skeletal and muscular systems it provides the understanding needed to improve movement and reduce injuries

The Science of Athletic Performance 2014-04-04

offers a fascinating view inside the human body to help you understand the causes of the most common injuries that athletes and sports men and women will encounter and the best ways to remedy them with a comprehensive and up to date approach to injury rehabilitation this book shows you how to find the cause of injuries and not just treat the bit that hurts aiding in the prevention of future injuries also as with previous books in our anatomy series this book will help you to achieve better health through a better understanding of how your body works around 80 full colour anatomical illustrations introduce a variety of strength training exercises designed with common sports injuries in mind showing the impact on the body of the exercises including the muscles used and how they function together the accompanying text helps the reader to replicate the exercises describing the anatomical impact and explaining the benefits in the context of fitness in general and in rehabilitating common injuries in particular

Romantic Anatomies of Performance 2024-03-01

from the author of the hugely successful titles how your horse moves and horse anatomy for performance comes a completely different training manual also based on the horses inside out philosophy understanding anatomy improves performance and reduces the risk of injury divided into three main parts principles of anatomical riding and training exercises for horse and rider troubleshooting the book contains a wealth of practical tips and exercises broken down into easy to follow well illustrated steps showing how riders can improve their riding skills and potential the author suggests ways to improve horses physique posture flexibility stability core strength performance and movement and how to reduce muscular and movement problems and reduce the risk of injury

Dance Anatomy 2009

Running Anatomy 2007

Dance Anatomy and Kinesiology 2023-04

The Case of Second Floor 2016-12-01

Anatomy of Sports Injuries 2015-12-01

Posture and Performance

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