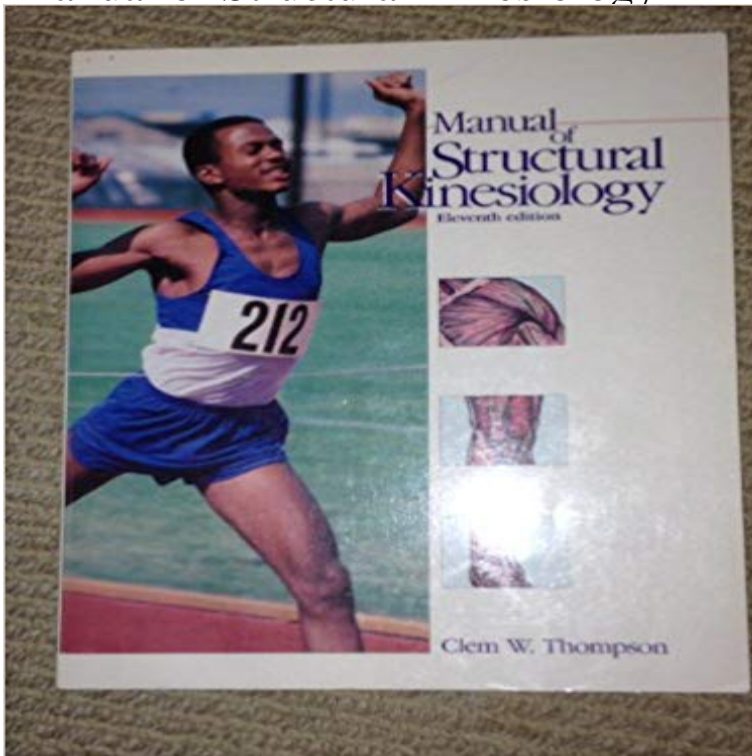


Manual of Structural Kinesiology



The Manual of Structural Kinesiology provides a straightforward look at anatomy and its relation to human movement. The text identifies specific muscles and muscle groups and describes exercises for strengthening and developing those muscles. The manual makes information readily available to students through a combination of logical presentation format and concise writing style. Large, clear illustrations and photographs aid the student in identification of muscles, muscle movements and mastery of proper exercise techniques. While retaining its concise presentation style, this 12th edition includes information on muscle innervation and expands the coverage of muscle actions. Basic conditioning principles and techniques are given greater coverage, and muscle pronunciation guides have been included. Several new illustrations of muscle origins and insertions have been added to this edition, as well as 60 new photographs illustrating muscle movements. In keeping with the philosophy of the earlier editions of this text, these additions were designed to make important facts accessible to students.

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