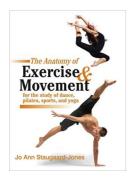
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# THE ANATOMY OF EXERCISE AND MOVEMENT FOR THE STUDY OF DANCE, PILATES, SPORTS, AND YOGA (PAPERBACK)



NORTH ATLANTIC BOOKS, United Kingdom, 2013. Paperback. Condition: New. Language: English. Brand new Book. 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 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...

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- Authored by Jo Ann Staugaard-Jones
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#### Reviews

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