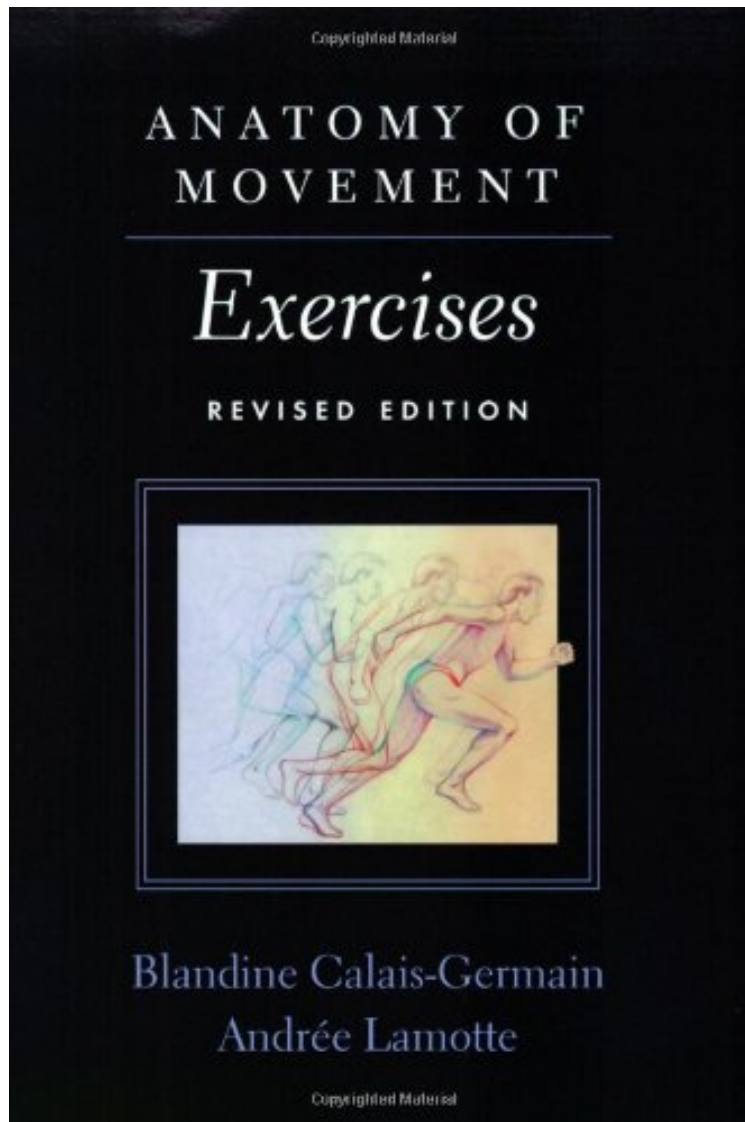


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## Anatomy of Movement: Exercises (Revised Edition)

*Blandine Calais-Germain, Andre Lamotte*  
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#242505 in Books Eastland Press 2008-05-01 Original language: English PDF # 1 .70 x 7.00 x 9.90l, 1.40  
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**Blandine Calais-Germain, Andre Lamotte : Anatomy of Movement: Exercises (Revised Edition)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Anatomy of Movement: Exercises (Revised Edition):

0 of 0 people found the following review helpful. A MasterpieceBy FellrunnerI gave my old copy to my physical therapist, who absolutely loves it. She now uses it as a primary reference. This new revision has improvements and some additional material. Whenever I need to answer someone's question about therapy or training, I use this in

conjunction with my "Atlas of the Human Body." Very thorough, well-written, exquisite diagram artwork. This is a masterpiece. 3 of 3 people found the following review helpful. This is a really awesome book. The author/illustrator is a dancer. By David White This is a really awesome book. The author/illustrator is a dancer, which adds a wonderful perspective to the body movements she illustrates. Whether you are a dancer, a yogi, a runner, or an athlete of any stripe, this book will help you figure out what's going on with your activity. For me the best two uses are helping me understand what I am doing in the gym so I can fine tune my workouts, and, since I practice personal injury law, helping me understand my client's injuries. 0 of 0 people found the following review helpful. This book was purchased as a gift to my daughter ... By Sharman This book was purchased as a gift to my daughter who is obtaining her yoga credentials. She loves this book!

**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.

**Anatomy of Movement and Anatomy of Movement: Exercises** describe the bones, muscles and joints, how they move, how to exercise specific and coordinated parts--with illustrations, photos and text that make it comprehensible even to someone like me, who's taken nary a class in anatomy, physiology or kinesiology. --Molly Martin, *Pacific Magazine* For the client who asks for stretches or exercises to do, there is sure to be something appropriate [here], and the photographs simplify explanation. The practice pages and coordination exercises offer plenty of inspiration for movement sessions as well. --Rolf Lines *Language Notes* Text: English (translation) Original Language: French About the Author Blandine Calais-Germain is the celebrated author of *Anatomy of Movement*, *Anatomy of Movement: Exercises*, *The Female Pelvis: Anatomy and Exercises*, and *Anatomy of Breathing*. Her lifelong involvement with dance, both as performer and teacher, led to an interest in other physical disciplines and to more formal study of the complex and integrated movements of the body. She studied physiotherapy at the French School of Orthopedics and Massage in Paris, and subsequently developed an innovative method for teaching the physical structures of anatomy in relation to movement, which she teaches at workshops in France to students from all over the world. Andre Lamotte is also a dancer and has taught dance since 1962. She currently heads the center for *Danse-Creation* (founded by Anne-Marie Debatte in the French town of Lille), which provides training in both dance and movement studies.