



The
Muscle
Book

Paul Blakey

Paul Blakey

The Muscle Book



[continue reading](#)

Paul Blakey, formerly an international ballet dancer and today a practicing osteopath, offers written and illustrated this publication to help everyone who needs to know more about their own muscle tissues and how to look after them. For each muscle tissue there is information regarding medical by massage and an indication of dangers to consider. Clearly identifies all major muscles of the human body and displays how they work.



[continue reading](#)

A great go-to reference guideline. I've referred back again to it a few times already since purchasing it. That is a neat little reference book with straight-forward information on the muscles and what you can do to greatly help alleviate certain problems. The description offers more than the book delivers I will have known better predicated on the few pages of the book. Most instruction presented in it is in regards to self-massage and specific areas on the body/muscle groups to spotlight. It also outlines what to look for if your muscle tissues are not functioning properly. Meh! And I'm happy I did so. This is the major reason I purchased this book. Good reference, wish it had a bit more detail. If you prefer a fast, easy, go-to book for information, that is a good someone to have. There are very few muscle groups listed, and definitely not all the major muscles. I assume it's not too poor at the purchase price I paid (\$0. Offers spiral binding so that it can lay toned on the table. Uncertain how useful this text would be for anyone who delves deeper into the subject matter of anatomy, though. A good AMIT Bible for beginners If you have heard of AMIT or Kinesiology and are interested in finding points of muscle mass origin and insertion so that you can learn to turn muscle groups back on by yourself... Embracing this will become tremendously ideal for anatomy class Five Stars Very interesting for when you have muscle aches. In addition, it gives you the "action" of the muscle mass which is quite helpful in testing power. Five Stars Great purchase. Worth the money for sure. Very little information provided. Great reference to a brief synopsis of the muscular anatomy and the overall weaknesses of each muscle. well-drawn and intuitive.. Ideal reference guide for the average gym rat attempting to obtain a better understanding of the muscle tissue being used (personally, for powerlifting movements).99 shipping), but had I had the opportunity to flip through the book in person, I would have gone it on the shelf. It really is limited in it's insurance and only gives some of the main muscles. Super beneficial.You will like this book. amateur so basic without color to the photos well-drawn and intuitive. The muscles as seen by a .. Offers a brief summary of the muscular system, how to be cautious in using each muscle mass concerning prevent damaging it. Wish it had a little more fine detail on the tendons and smaller muscles, but normally this book is strictly what I was looking for. The muscles as noticed by a doctor, and a respected yoga exercise teacher.01 plus \$3.



[continue reading](#)

download free The Muscle Book e-book

download The Muscle Book mobi

[download Plants of the Gods: Their Sacred, Healing, and Hallucinogenic Powers txt](#)
[download free Every Day a Friday: How to Be Happier 7 Days a Week mobi](#)
[download Living with the Himalayan Masters mobi](#)