



MnM s (And I Don t Mean Chocolate.): A Muscle and Movement Handbook

By Jo Ann Staugaard-Jones

Trafford Publishing, Canada, 2005. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.MnM s (And I Don t Mean Chocolate.): A Muscle and Movement Handbook is a book about muscles and movement, a resource for those who would like to know more about the human body and how it works without having to read a cumbersome textbook. Written in a light-hearted yet informative style, the text includes detailed material on location and actions of different muscles. The illustrations and pictures demonstrate invaluable stretch and strength exercises for each joint area, and cover a wide scope of fitness areas: weight- training, Yoga, Pilates, sports, and dance. The book s approach is unique because it can be used a handbook, a portable guide to the correct use of the body. Each chapter centers on a large muscle group, relating it to current concepts and myths in the fitness industry, while giving in-depth information. There is a sense of humor throughout the material; the book is meant to be fun and interesting. The text maintains that a person is capable of conditioning, maintaining, and/or healing oneself without spending thousands of dollars. With knowledge...



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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- Andres Bashirian

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

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