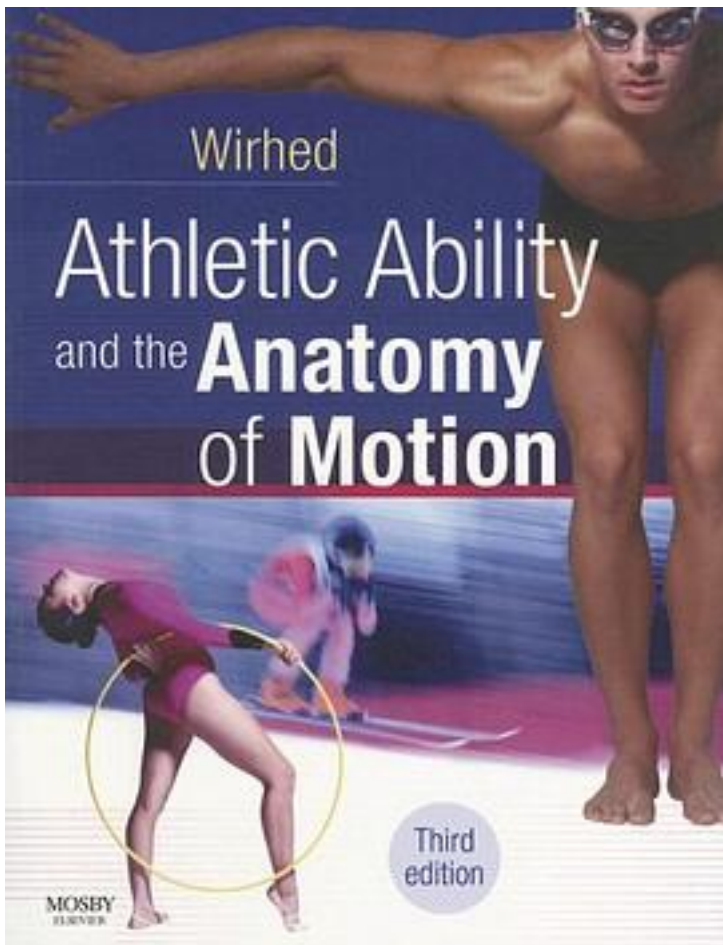


Athletic Ability and the Anatomy of Motion



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This book explains the anatomy function of different parts of the body and examines the types of movement important in sports activities. This book gives a detailed analysis of movement, general characteristics of bones, joints, and muscles, as well as

guidelines for flexibility and strength training. It emphasizes important factors for maximizing performance and is a bridge between biomechanics and the practice of sport.

作者介绍:

目录:

[Athletic Ability and the Anatomy of Motion_下载链接1](#)

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