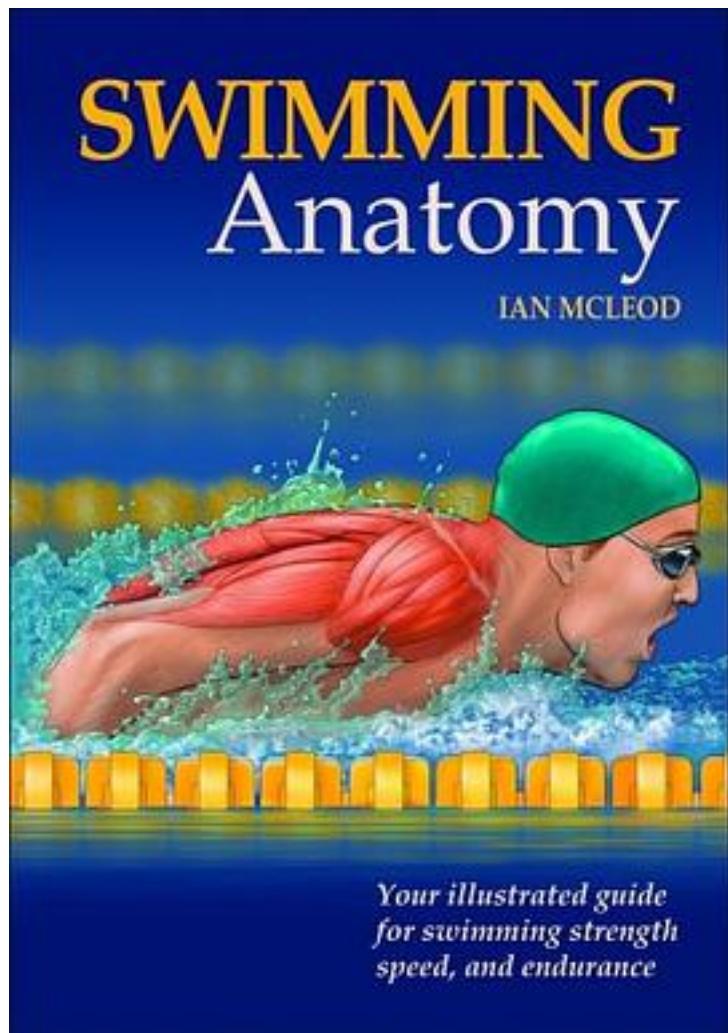


Swimming Anatomy



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This new addition to the "Anatomy" series will show the reader how to improve their

performance by increasing muscle strength and optimising the efficiency of every stroke. "Swimming Anatomy" includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-colour anatomical illustrations highlighting the primary muscles in action. This book goes beyond exercises by placing the reader on the starting block, in the water and into the throes of competition. Illustrations of the active muscles for starts, turns and the four competitive strokes (freestyle, breaststroke, butterfly and backstroke) shows how each exercise is fundamentally linked to swimming performance. The swimmer will also learn how exercises can be modified to target specific areas, improve form in the water and minimise common swimming injuries. Best of all, how to put it all together to develop a training programme based on individual needs and goals. Whether training for a 50-metre freestyle race or the open-water stage of a triathlon, "Swimming Anatomy" will ensure the reader enters the water prepared to achieve every performance goal.

作者介绍:

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标签

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细致的健身运动 - 锻炼肌肉 - 游泳技术

书。可以有针对性的采取合适的健身运动和动作来锻炼不同泳姿所需的各种不同的肌肉部位。

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书评

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