



Anatomy of a Healthy Back (Paperback)

By Hinkler Books Pty Ltd

Hinkler Books, Australia, 2012. Paperback. Condition: New. Language: English . Brand New Book. The Anatomy of series provide a comprehensive and detailed reference into the anatomy of various exercises and body parts. Discover what goes on beneath the skin and see which muscles you are exercising and stretching. A solid understanding of muscle building and stretching is the key to achieving a healthy back and a supple body. With full-colour photographs, clear step-by-step instructions for each movement and tips on what to look for, these books provide essential insights into your body and your exercise and stretching routines. 200,000 Anatomy of titles sold to date. Full-colour photographs of the muscles inside the body to highlight the impact of the exercise and stretch. Includes exercise and stretching routines, and a photographic index.



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