



Anatomy of Exercise: A Trainer's Inside Guide to Your Workout

By Pat Manocchia

Download now

Read Online →

Anatomy of Exercise: A Trainer's Inside Guide to Your Workout By Pat Manocchia

Anatomy of Exercise is revolutionary for its insights into how different muscles of the body actually work during exercise. The book is organized by body area and shows common sequences in the progression of a typical workout. Lifelike anatomical illustrations demonstrate each exercise and reveal in colorful detail exactly which muscles are engaged, which are being conditioned and how those muscles respond.

The following features help the reader gain the greatest benefit from each exercise and thereby improve fitness and well-being:

A glossary of anatomical terms. No other book provides such rich detail tailored to the general reader. Beginners, those already committed to exercise, competing athletes, trainers, coaches, physiotherapists, massage therapists and the many others involved in fitness will find **Anatomy of Exercise** fascinating, instructive and practical.

↓ [Download Anatomy of Exercise: A Trainer's Inside Guide ...pdf](#)

📖 [Read Online Anatomy of Exercise: A Trainer's Inside Gui ...pdf](#)

 [Download Anatomy of Exercise: A Trainer's Inside Guide ...pdf](#)

 [Read Online Anatomy of Exercise: A Trainer's Inside Gui ...pdf](#)

Download and Read Free Online Anatomy of Exercise: A Trainer's Inside Guide to Your Workout By Pat Manocchia

Editorial Review

This book is a great motivator for the health conscious... Depending on how intensely you get into your routines, *Anatomy of Exercise* is critical reading for those who want to acquire the best body they can. (*Shelf Life*)

Curious what the body is doing when it's working out? Fitness expert Manocchia shows readers with a glossary of anatomical terms and detailed color illustrations that identify muscles. Duke, a personal trainer to the stars, has devised diet-and-fitness regimes for women. Distinctive to her approach: her encouragement to appreciate our bodies instead of aiming for an ideal that may not exist. (*Library Journal Xpress Reviews* 2008-04-22)

Exercise books abound -- filled with how-to photos of various exercises. But here's one with a bit of a different focus. *Anatomy of Exercise* looks at how different muscles of the body actually work during exercise. The book is organized by body area and shows common sequences in the progression of a typical workout. It features life-like anatomical illustrations to demonstrate each exercise and reveal exactly which muscles are engaged, which are being conditioned and how those muscles respond. (I Seiberling *Regina Post* 2009-02-05)

For the exercises covered, the author does a good job of explaining proper form. If you were never completely sure the right way to run or ride a stationary bike, this book tells you how in very simple language. The computer-generated illustrations of the muscles recruited to perform each exercise are cool. (Steve Jacob *Star Telegram (Dallas-Fort Worth)*)

Anatomy of Exercise is a fascinating book.... If used correctly the book can help the reader benefit from each exercise and improve their fitness level. Highlights of the book include the detailed, full-color anatomical illustrations, annotations identifying active and stabilizing muscle, suggestions for modifications to vary intensity of an exercise, and a visual index that allows for easy navigation through the book. This book would be useful for anyone interested in enhancing their fitness routine as well as fitness instructors who want to visually show their customers the benefits of each exercise. Therefore, it can be recommended to medium-sized and large public libraries as well as high school and undergraduate collections. (Shannon Graff Hysell *American Reference Book Annual*)

This user-friendly guide has everything you need and then some. (*2 Magazine*)

Provides the answers and shows you exactly what's moving one push-up and cross-over crunch at a time. (*Albuquerque Journal* 2008-08-10)

[The author's] emphasis on supporting muscles will be helpful to people who tend to injure different muscles, one after another. (*Arkansas Democrat-Gazette* 2008-04-21)

This manual is the ultimate reference on physical fitness for anyone who exercises. Fully illustrated and annotated it's aimed at general readers who want to perform each exercise correctly while helping their muscles, not hurting them. (*Destinations (Via Rail)*)

Read this book and you'll strengthen your mind as well as your body.... This book is like having your own personal trainer right there with you. (*Good Times* 2008-08-31)

One of the best books written as a reference manual for understanding exercise... For those of you who want to work out, but are unsure if you are exercising properly, this book is perfect for you.... Great how-to instructions. (*Men's Exercise* 2008-01-09)

This is an excellent book no fitness professional or fitness enthusiast should be without. (*New Living (Stony Brook NY)*)

[The drawings] make it easy to visualize your muscles in action, even if you are not exactly sure where your anterior deltoid or external obliques are located. (*The News-Sentinel (Fort Wayne IN)* 2008-07-07) About the Author

Pat Manocchia is the owner, founder and director of La Paletra Center for Preventative Medicine in New York City. A pioneer in the integration of health and medicine, he was the fitness expert for Good Morning America and was contributing editor to *Women's Sports and Fitness* and *Allure* magazines. Excerpt. © Reprinted by permission. All rights reserved.

Introduction This is not the first book ever written that concerns itself with the anatomical structures that are involved in exercise, nor is it intended to be the final word. It is not meant to be an exhaustive exploration of exercise vocabulary either. This book takes a unique and comprehensive stance on the anatomy of exercise, useful to laymen and professional alike. Predominately, books that have included exercises with anatomical representations, whether or not they included instructions for performing the exercises, were targeted at two groups of readers: body builders and scientists. What I've tried to do with this book is to make this kind of information accessible and useful to anyone who exercises, including bodybuilders and scientists. To that end, this book includes exercise types typically overlooked in similar works, such as aerobic activities, stretches, and stability work. Moreover, this book takes into consideration the ways in which the body's systems depend on one another to generate movement. In other texts of this nature, exercises have for the most part been depicted as using a specific muscle group because the book was intended to show how to develop size or strength in that particular muscle or group. Unfortunately, what often doesn't get mentioned is how the adjacent muscles and structures, as well as some that are not directly or obviously involved, contribute to the exercises and subsequent improvement. Hip and spine position, for instance, contribute to almost every major exercise and are integral not only to the proper biomechanics of a given movement, but the subsequent improvement of the targeted muscle. For each exercise, the muscles indicated in the illustrations are identified as the ones that are primarily involved in the movement, whether they are active or stabilizing. Active or primary muscles are defined as those that contract to move a structure, while stabilizing muscles are defined as those that either co-contract, or, by their activation, stabilize either the primary or a secondary structure to allow movement. In a push-up, for instance, the primary active muscles act to extend the elbow and adduct the humerus (upper arm) at the shoulder joint. Primary stabilizers act to ensure that the elbow and shoulder joints remain steady and track properly; however, without the contraction of the deep spinal and pelvic musculature, as well as anterior leg musculature that contract to keep those joints stable and allow the ankle joint to act as a fulcrum, the movement is not possible. The contribution of the secondary stabilizers varies in degree, depending on the movement. For example, in a barbell curl, since the weight is in front of the body and is translated in a curvilinear fashion that creates a greater forward lever and subsequent need for stabilization as it moves upward, the back and hip muscles become more relevant with regard to movement contribution. If the movement could simply not be performed without the contribution of these muscles, they were included. The point here is to make the reader aware that during any given movement, some muscles that may not play a major role in the actual execution may still be necessary contributors for proper biomechanics and form while the exercise is being performed. The basic method I used to determine this was to ask whether or not the movement could be performed if the secondary stabilizers were injured, but readers should be aware that the specifics are open to some debate. There is an enormous amount of variation that can be made to these exercises, since for any one single exercise there are perhaps four or five different ways to alter the stimulus (by changing the grip, foot position, altering the speed of the movement,

and so forth). I have included some of these variations for many of the exercises. This book contains the basic exercise vocabulary that any program can, and should, be built around, whether you are an elite athlete, a raw beginner, or are suffering from an injury. The specific exercises to use as well as intensity (the weight used, when relevant), volume (number of sets and repetitions), duration (time per session), and frequency (sessions per week) will all be determined by your own specific capacities and goals. The best and most effective way to determine these things is to consult a professional in the fitness/wellness/strength training profession for a program and prescription that suits your unique abilities and objectives. The text is laid out in a structure that mimics the progression of a typical workout. While the text encompasses all of the elements pursuant to a comprehensive workout, it is not intended to be prescriptive in any way. The best use of this book is as a reference manual for understanding both positioning and muscular involvement for the included exercises, and should stimulate some thought, when performing a given exercise, about how the rest of your body plays a part in any particular movement. Users Review

From reader reviews:
Luisa Johnson: This Anatomy of Exercise: A Trainer's Inside Guide to Your Workout book is not really ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is definitely information inside this guide incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. This Anatomy of Exercise: A Trainer's Inside Guide to Your Workout without we realize teach the one who studying it become critical in considering and analyzing. Don't always be worry Anatomy of Exercise: A Trainer's Inside Guide to Your Workout can bring once you are and not make your bag space or bookshelves' grow to be full because you can have it in your lovely laptop even cell phone. This Anatomy of Exercise: A Trainer's Inside Guide to Your Workout having excellent arrangement in word and layout, so you will not experience uninterested in reading.

Daniel Young: Here thing why this Anatomy of Exercise: A Trainer's Inside Guide to Your Workout are different and reputable to be yours. First of all examining a book is good but it really depends in the content than it which is the content is as tasty as food or not. Anatomy of Exercise: A Trainer's Inside Guide to Your Workout giving you information deeper and in different ways, you can find any guide out there but there is no book that similar with Anatomy of Exercise: A Trainer's Inside Guide to Your Workout. It gives you thrill reading journey, its open up your eyes about the thing which happened in the world which is perhaps can be happened around you. You can easily bring everywhere like in playground, café, or even in your method home by train. When you are having difficulties in bringing the published book maybe the form of Anatomy of Exercise: A Trainer's Inside Guide to Your Workout in e-book can be your substitute.

Allison Morales: Publication is one of source of information. We can add our know-how from it. Not only for students but native or citizen want book to know the up-date information of year in order to year. As we know those textbooks have many advantages. Beside most of us add our knowledge, may also bring us to around the world. By book Anatomy of Exercise: A Trainer's Inside Guide to Your Workout we can consider more advantage. Don't someone to be creative people? Being creative person must want to read a book.

Simply choose the best book that ideal with your aim. Don't possibly be doubt to change your life by this book Anatomy of Exercise: A Trainer's Inside Guide to Your Workout. You can more appealing than now.

Pamela Stanley: Some people said that they feel weary when they reading a reserve. They are directly felt the idea when they get a half elements of the book. You can choose typically the book Anatomy of Exercise: A Trainer's Inside Guide to Your Workout to make your reading is interesting. Your own skill of reading skill is developing when you including reading. Try to choose basic book to make you enjoy to see it and mingle the feeling about book and reading through especially. It is to be 1st opinion for you to like to open up a book and learn it. Beside that the e-book Anatomy of Exercise: A Trainer's Inside Guide to Your Workout can to be your brand-new friend when you're truly feel alone and confuse with the information must you're doing of their time.

Download and Read Online Anatomy of Exercise: A Trainer's Inside Guide to Your Workout By Pat Manocchia #XDUA9HL5JQ8

Read Anatomy of Exercise: A Trainer's Inside Guide to Your Workout By Pat Manocchia for online ebook Anatomy of Exercise: A Trainer's Inside Guide to Your Workout By Pat Manocchia Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Anatomy of Exercise: A Trainer's Inside Guide to Your Workout By Pat Manocchia books to read online. Online Anatomy of Exercise: A Trainer's Inside Guide to Your Workout By Pat Manocchia ebook PDF download Anatomy of Exercise: A Trainer's Inside Guide to Your Workout By Pat Manocchia Doc Anatomy of Exercise: A Trainer's Inside Guide to Your Workout By Pat Manocchia Mobipocket Anatomy of Exercise: A Trainer's Inside Guide to Your Workout By Pat Manocchia EPub XDUA9HL5JQ8: Anatomy of Exercise: A Trainer's Inside Guide to Your Workout By Pat Manocchia