



The Concise Book of Muscles

Chris Jarmey

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The Concise Book of Muscles has been written for the student and early practitioner of anatomy, massage / bodywork, physical therapy, chiropractic, medicine, physiotherapy, or any other health-related field.

Containing full-color illustrations, it is a compact reference guide, clearly identifying all the major muscles, showing the origin, insertion, action, and innervation of each muscle. The book also uniquely illustrates examples of stretching and strengthening exercises for each muscle, allowing the reader to develop an understanding of the mechanics of movement.

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