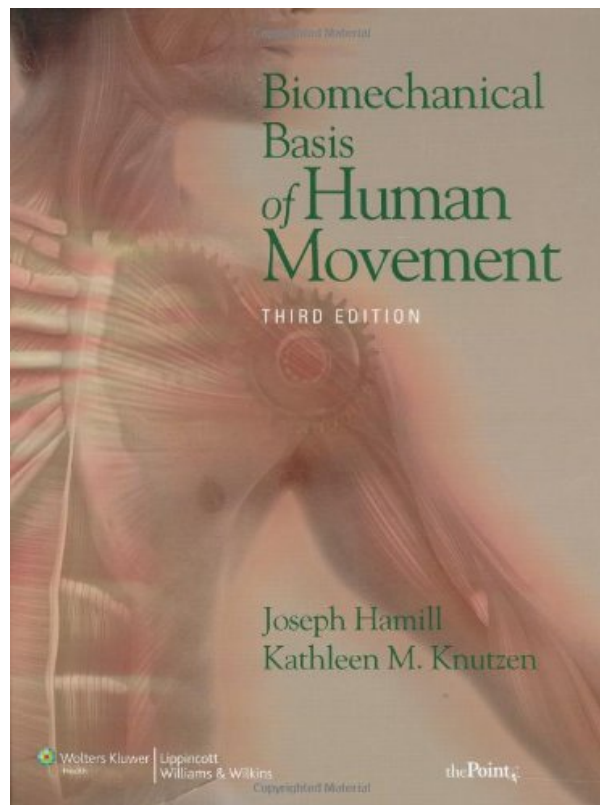
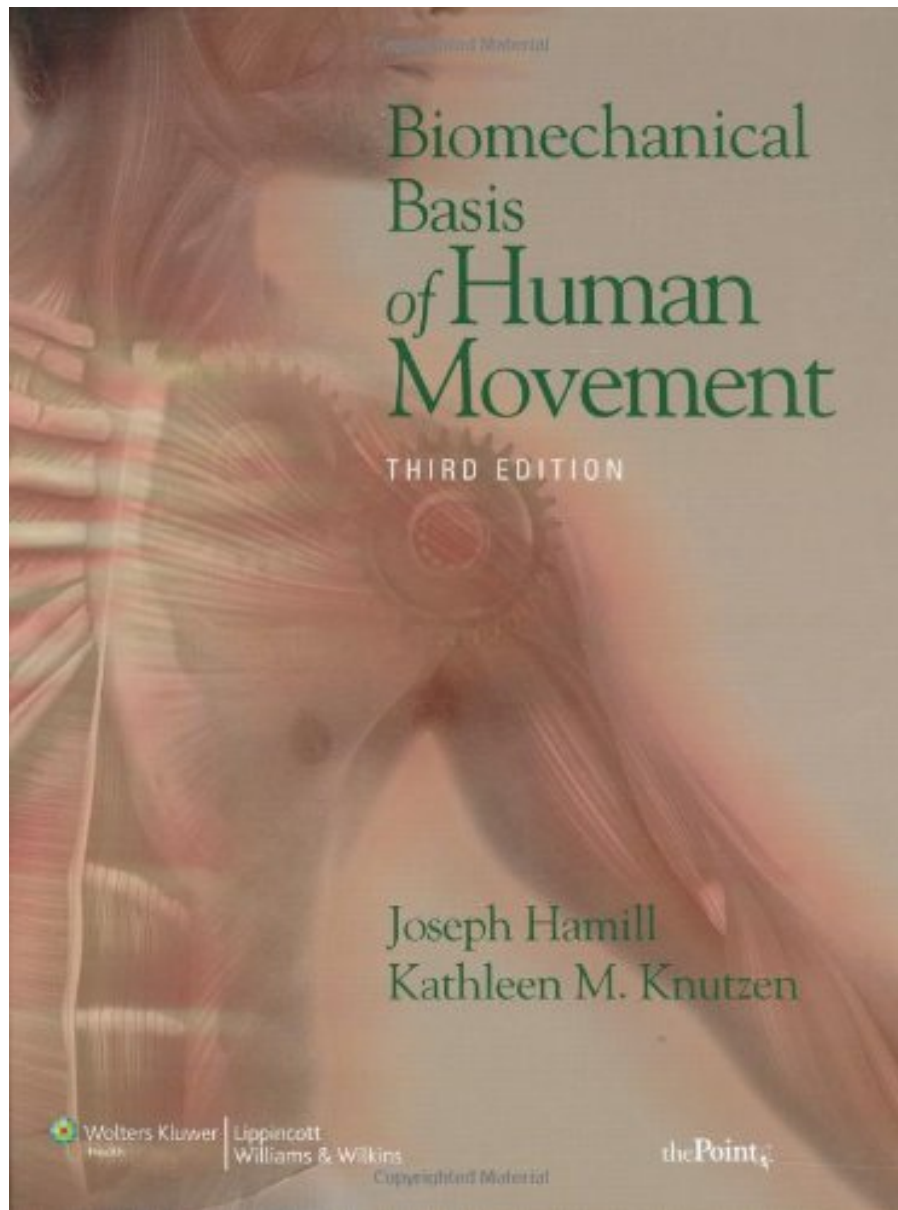


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This text's quantitative approach, coupled with its many examples and hands-on exercises, enables you to understand the fundamentals of biomechanics.

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By DFreedI990

The book is very in-depth and helpful. The practice questions at the end of each chapter are very helpful in order to know whether or not you truly understand the material. Overall I would recommend this book to

anyone who is taking a Biomechanics class or even someone who just wants to learn more about the physics behind human movements.

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Key for Personal Trainer

By Leslee Stephens

It is evident that a better understanding of biomechanics provides one with credibility among clients, peers, and other health and fitness professionals. As a business owner ([...]0 and personal trainer you can't be just a CPT. Anyone out there can become at CPT overnight. This book has set me apart from the other CPT in Orlando. This book taught me the primary purpose of biomechanics. Which is to evaluate an individuals movement within an exercise (applied force). I recommend this book for anyone in the fitness industry. When before it would take me an hour to train a client I can now do it in 30mins because I am able to understand the movement of muscles. WORTH IT!!!

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Well explained and a good balance between the 'bio' and 'mechanics' aspects.

By R. J. Hunter

I became a teacher after a career in engineering and have found myself doing some informal coaching of our track team. For several years I've shot video to help students improve their technique; and while I was pretty good on mechanics and the laws of motion I felt I needed to know more about the physiology. This book does a good job of explaining the different types of muscle, tendons, ligaments, joints, bones, etc. etc. and these are accompanied by good illustrations. They also explain the muscle response to different types of training, the effects of different types of injury, etc. It's even readable. I recommend it.

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