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Introduction Anatomical position The anatomy of movement, in the human body, mainly involves interaction of three systems: the bones of the skeleton, linked together at the joints, are moved by action of the muscles. Description of movements can be difficult. Various parts of the body can move in many different directions.

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I have read three books on Anatomy from a Yoga perspective but fairly applicable to understand all sorts of physical exercises or movements, and my personal ranking is as follows : #1. Concise Book of Yoga Anatomy by Jo Ann Staugaard-Jone. #2. Anatomy of Movement by Blandine Calais-Germain #3. Yoga Anatomy by Leslie Kaminoff #1 is Phenomenal.

Anatomy of Movement by Blandine Calais-Germain

Anatomy of Movement presents a dynamic, integrated approach to the study of the physical structures of the musculoskeletal system and their functional relationship to the movements of the human body. In clear and concise text illustrated with more than a thousand graphic drawings, the author guides the reader on a lively

tour of the muscles, bones, ligaments and joints of the arms, legs and trunk.

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