



Kinesiology of Exercise

Michael Yessis

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With more than 70 exercises accompanied by photographs and anatomical drawings, *Kinesiology of Exercise* is one of the most comprehensive books on strength training currently available. Written by Dr. Michael Yessis, a recognized authority in this field, *Kinesiology of Exercise* is essential for coaches, athletes, fitness enthusiasts, physical therapists, bodybuilders--virtually everyone interested in performing strength training exercises safely and effectively. "Dr. Yessis has done it again! . . . I consider this book an invaluable tool in updating my knowledge of and ability to teach exercises that are crucial for pro football players, both for injury prevention and performance enhancement." -- Johnny Parket Head Strength Coach, New York Giants "All bodybuilders and athletes should use this book in order to correctly perform all of the bodybuilding and strength exercises, and they will experience maximum growth without the risk of injury by using this book as a guideline.' -- Chuck Williams, bodybuilder National Light Heavyweight Winner, 1983 World Champion, 1983 "This book is a must for all personal trainers and strength and aerobic instructors. The great illustrations show clearly how each exercise should be done and the muscles involved The information in this book shows everyone how they can develop the body most effectively and safely." -- Kevin Miller Owner and General Manager, The Fitness Clubs "*Kinesiology of Exercise* is a detailed, clearly illustrated text that will benefit all levels of athletic expertise, from the elite coach to the age group coach. This is a fine reference tool that belongs in every coach's and athlete's library." -- Randy Huntington Coach for Long Jump World Record Holder Mike Powell Dr. Michael Yessis has served as training and technique consultant to several Olympic and professional sports teams, including the L.A. Rams and L.A. Raiders football clubs and the U.S. Men's Volleyball Team. The author of more than 2,000 articles on fitness and sports training, Dr. Yessis has also written three other books and produced four videos. He is also the president of Sports Training, Inc., a diverse sports and fitness company.

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