

Swimming Anatomy

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"Swimming Anatomy" includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-colour anatomical illustrations highlighting the primary muscles in action. This book goes beyond exercises by placing the reader on the starting block, in the water and into the throes of competition.

~~Swimming Anatomy: Amazon.co.uk: Ian A. McLeod ...~~

Swimming Anatomy "synopsis" may belong to another edition of this title. Review: "With full-color exercises and drills, Swimming Anatomy takes an inside look at the muscles you need to strengthen in order to swim your best. This is a must-have guide for every swimmer." Jason Lezak 2008 Olympic Bronze Medalist in 100-meter freestyle ...

~~9780736075718: Swimming Anatomy - AbeBooks - Ian A. McLeod ...~~

Swimming Anatomy goes beyond exercises by placing you on the starting block, in the water, and into the throes of competition. Illustrations of the active muscles for starts, turns, and the four competitive strokes (freestyle, breaststroke, butterfly, and backstroke) show you how each exercise is fundamentally linked to swimming performance.

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Swimming Anatomy will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke. Swimming Anatomy includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action.

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Abstract. Scientific research in swimming over the past 10 to 15 years has been oriented toward multiple aspects that relate to applied and basic physiology, metabolism, biochemistry, and endocrinology. This review considers recent findings on: 1) specific physical characteristics of swimmers; 2) the energetics of swimming; 3) the evaluation of aerobic fitness in swimming; and 4) some metabolic and hormonal aspects related to swimmers.

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~~Applied physiology of swimming~~

See how to achieve stronger starts, more explosive turns, and faster times "Swimming Anatomy" will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke.

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According to "Swimming Anatomy," the arm movement in each of the swimming strokes relies on the shoulder and chest muscles. These muscles permit the arm to propel the body forward.

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