

Applied Anatomy Of Aerial Arts An Illustrated Guide To Strength Flexibility Training And Injury Prevention

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Applied Anatomy of Aerial Arts by Emily Scherb, D.P.T ...

Specifically designed for aerialists—including those who do trapeze, silks, and other aerial arts— Applied Anatomy of Aerial Arts is an invaluable resource for those who want to optimize their performance and train safely.

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Applied Anatomy of Aerial Arts : Emily Scherb : 9781623172169

An illustrated guide to anatomy and biomechanics for aerialists who want to optimize their performance and train safely

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Applied Anatomy of Aerial Arts by Scherb, Emily (ebook)

Dr. Emily Scherb's book Applied Anatomy of Aerial Arts is now available! Emily has written the first anatomy book specifically for aerialists. Learn how your body works when it is hanging, inverting, climbing, or doing a hipkey.

The Circus Doc

Applied Anatomy of Aerial Arts is a compendium of information pertinent to your body and to circus. Though thorough and detailed, it reads like a page-turner. It is filled with arcane knowledge from the most forward-thinking in the sports medical community, and every page yields discoveries.

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Applied Anatomy of Aerial Arts 1st Edition PDF Free ...

(Image provided by North Atlantic Books) I wrote Applied Anatomy of Aerial Arts (more info here) to put a road map in the hands of aerialists and to help them on their circus journey. I have been involved in circus since my childhood and always took my curiosity about the body through my education.

"Applied Anatomy of Aerial Arts" - American Circus ...

The Complete Aerial Anatomy course is PERFECT for: Anyone who wants to take their skills to the next level Practicing aerialists looking to improve their form and understand the proper techniques Artists trying to increase flexibility and build up their the strength they need

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Aerial Anatomy | The Circus Doc

It explains how to structure a training session, how to care for injuries, and best practices for basic self first aid"--An illustrated guide to anatomy and biomechanics for aerialists who want to optimize their performance and train safely Specifically designed for aerialists—including those who do trapeze, silks, and other aerial arts— Applied Anatomy of Aerial Arts is an invaluable resource for those who want to optimize their performance and train safely.

Applied Anatomy of Aerial Arts : An Illustrated Guide to ...

Applied Anatomy of Aerial Artists is a straight forward and immensely useful manual for any aerialist and any circus artist or circus teacher who wants their student to progress, avoid injury and gain the strength necessary to do the amazing work they do. It is a must have for any circus library.

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An illustrated guide to anatomy and biomechanics for aerialists who want to optimize their performance and train safely Specifically designed for aerialists—including those who do trapeze, silks, and other aerial arts— Applied Anatomy of Aerial Arts is an invaluable resource for those who want to optimize their performance and train safely.

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United States Emily Scherb is a Doctor of Physical Therapy and Educator. She is the Author of Applied Anatomy of Aerial Arts and a former professional aerialist and forever enthusiast. Performing Arts Medicine specialist.

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