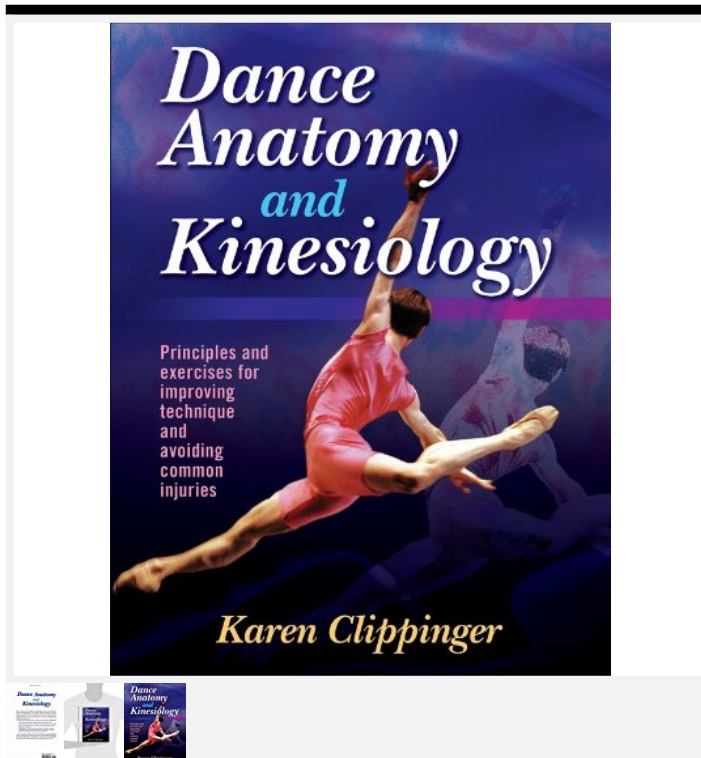

Read Dance Anatomy and Kinesiology - Audiobooks



Book Details

- New
- Mint Condition
- Dispatch same day for order received before 12 noon
- Guaranteed packaging
- No quibbles returns



Book Synopsis

Intended for dance teachers and students, and serves as a reference for dance professionals. This text covers the basic anatomical and biomechanical principles that apply to optimal performance in dance. It focuses on skeletal and muscular systems to provide readers with the understanding needed to improve movement and reduce injuries.
