

## Biomechanics and Kinesiology of Exercise

In this article I would like to talk about a new book, Biomechanics and Kinesiology of Exercise, the latest version of the best-selling book, Kinesiology of Exercise. The latter book has been in use since 1990 and has served as both a text and an indispensable reference book for personal trainers, strength and conditioning coaches and individuals seeking to become better athletes or more fit.

Because there have been changes in regard to the type of exercises used by most trainers and coaches in the fitness and athletic fields, it became necessary to modify and update the book. However, rather than limiting the changes to only new exercises and variants of some of the older and more popular exercises, I felt it was necessary to add more information on the biomechanical aspects of exercise execution.

The result was the creation of Biomechanics and Kinesiology of Exercise. It is perhaps the most complete book in regard to everything that you should know about strength exercises to get the most out of them in your workouts. There's also information given in relation exercise application in different sports.

Each exercise is illustrated with photographs showing beginning and ending positions. Detailed information is also given in regard to the muscles that are involved, how the muscles are involved, muscular changes that take place during execution, and the biomechanical considerations of exercise execution that make the exercise both safe and effective.

In addition, information is given on each exercise (and there are many new ones added to this book) in regard to how the exercise can be modified and changed for different effects suitable to different sports or fitness applications.

Most books describe exercises in 1 to 2 paragraphs with accompanying photos. In this book each exercise is described in approximately 2 to 4 pages along with accompanying photos. Thus the amount and depth of information is far greater than you can find in other books.