

SAVED REVIEW

[Return to search results](#)[Next Result](#) 

Anatomy of Exercise for Women: A Trainer's Guide to Exercise for Women

Lisa Purcell, ed.

Publisher: Firefly Books, New York, NY (2013)**Price:** \$24.95pa**ISBN13/ISSN:**978-1-77085-180-1**Content** [FITNESS](#); [HUMAN ANATOMY](#); [ANATOMY](#)**Area:** [Fitness](#); [Recreation and Sports](#)**Julia Frankosky** - Government Information Librarian, Michigan State University, East Lansing, Michigan

ARBA 2015

Lisa Purcell, author and editor of other fitness and anatomy books such as *Anatomy, Stretching, and Training for Yoga*, creates a fantastic resource with *Anatomy of Exercise for Women*, which can be used by any woman interested in improving her health and physique. The book is divided into five sections. The first four sections include exercises that target specific areas—flexibility (warm up), upper body, core, and lower body—each containing between 13 and 26 specific moves. The last section provides eight workout routines using moves explained in the previous sections. Workouts include "Leaner Legs, Thighs, and Glutes" and "Working the Waistline," and use an image of each move, the exercise's name, and the page number where you can find its full entry. Each one- to two-page entry contains concise, step-by-step instructions and helpful tips about what you should and should not do to help ensure proper form and avoid potential injuries. A "Best For" box lists the muscles worked and another panel lists the primary targets of the move, level of difficulty, benefits, and precautions. Some moves also include modifications to adjust the exercise's level of difficulty. Full color pictures show you how to perform the move, and anatomic illustrations show you which muscles are being used. A glossary is included at the end of the book to explain the general terms used and the meaning of Latin terms for muscles, organized by location on the body. While the subject matter of this book is not new, the book's ease of use, colorful pictures, and most importantly, the anatomical illustrations, help set this book apart from other similar exercise books. This book would be a great addition to any public library or academic library with a kinesiology program.