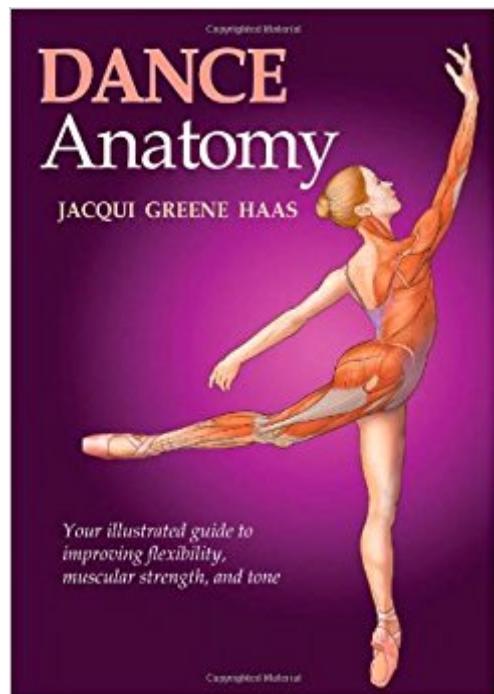


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# Dance Anatomy (Sports Anatomy)



## Synopsis

Powerful, expressive, and compelling! Now you can see what it takes to be a stronger, more elegant dancer. Featuring over 200 full-color illustrations, Dance Anatomy visually depicts the unique relationship between muscle development and aesthetic movement as never before. Dance Anatomy features 82 of the most effective dance, movement, and performance exercises, each designed to promote perfect alignment, improved placement, proper breathing, and prevention of common injuries. In stunning detail, the accompanying illustration captures the dancer in motion and highlights the active muscles associated with each movement. You'll learn how to modify exercises to target specific areas to enhance flexibility and reduce muscle tension. You'll also learn to put it all together to personalize a program based on your style of dance, level of expertise, and individual needs and goals. Whether you seek to optimize performance, add a new movement to your repertoire, or minimize muscle fatigue, stress, and injury, Dance Anatomy is your perfect partner. Â

## Book Information

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## Customer Reviews

âœJacqui Haas covers all the basics that dancers should know about the incredible instrumentÂ that isÂ the human body.Â Dance Anatomy isÂ well written, informative, and full of creative ways to keep dancers healthy and dancing to their full potential!â • Marika Molnar, PT, LAcÂ Â âœDance Anatomy brings to life the relationship between muscle development and dancing.Â It is a must-read for every dancer.â • Victoria Morgan Artistic DirectorÂ and

## CEO Cincinnati Ballet

Jacqui Greene Haas has been the athletic trainer for the Cincinnati Ballet since 1989, is the director of dance medicine academic seminars ([www.dancemedicine.net](http://www.dancemedicine.net)), and is the director of the dance medicine division of Wellington Orthopedics in Cincinnati, Ohio, where she treats dancers in physical therapy, postsurgical rehabilitation, and general conditioning. A former professional ballet dancer with Boston Ballet, Southern Ballet Theatre, Tampa Ballet, New Orleans Ballet, and Cincinnati Ballet, Jacqui holds a BA in dance from the University of South Florida and an athletic training certificate from the University of Cincinnati. She also has a certificate in Pilates instruction from St. Francis Memorial Hospital dance division in San Francisco and a certificate in Pilates rehabilitation from Polestar Education in Miami, Florida. She has developed injury-prevention programs for numerous dance studios as well as the McGing Irish Dancers, the School for Creative and Performing Arts, and the University of Cincinnati dance department. A Jacqui is a frequent presenter, speaking to dancers, instructors, and health care practitioners, including presentations at the International Association of Dance Medicine and Science and the National Athletic Trainers' Association conferences. She has been published in Dance magazine and Advance Rehabilitation magazine. A

Great book. Very well written with many warm up techniques are for use not only in dance but for yoga too. My students in yoga have been loving the core warms ups that I added from here. This week will add some of the hamstring ones. Very detailed use of muscles and bone structure. A must have for intelligent students and teachers that care about the longevity of their students and bodies. I don't always agree with the way she uses breath because it is often contrary to what I learned in yoga certification so I do what feels better and right for me.

This is exactly what I wanted. It has a chapter that describes the various body parts with practical exercises for each. Great information for someone hoping to prevent injury whether they are a pro or a social dancer. I also think this is a great resource for teachers to better address individual students if they are having issues with a specific body area or injury. I am a partner dancer and found this information immensely helpful in my own dance practices as well as with friends and students.

I was thrilled to find an illustrated book on, specifically, classically trained dancers. There are so

many fitness/ weight lifting/ running , etc. magazines out there that one that focuses on not just " the largest muscle groups" but the intricacies of dance movement, is such a useful and fascinating find. I would definitely suggest this book to all dancers that want specific areas to work on for a better aesthetic.

I've been taking an adult ballet class for about a year and a half with minimal no previous ballet experience and this book has been incredibly helpful in clearly presenting the muscle groups of the body and how the body works while dancing. While none of the strengthening exercises or stretches are new to me (I've been an athlete a long time and practice yoga and Pilates regularly) it was nice to see how the exercises and stretches work each muscle group and what ballet movements those muscle groups are used for. I have recommended this book to my fellow adult ballet classmates and they seem to be enjoying it as well.

Absolutely wonderful! I was injured and needed extensive PT -- found that this book more than filled the gaps in PT. In fact, have made more progress using this book, so stopped PT. Provides great illustrations and exercises. Descriptions and illustrations help individuals that are self-motivated to more accurately select and utilize exercises by visualizing and focusing on anatomy needed for specific moves.

Dancer on the side, can't always make it to class and travel a lot. This book is filled with tons of additional exercises one could do on top of/in between classes for the active dancer or while slowly working back into things for the former dancer. A lot of the dance moves suggest having some sort of bar, but one can easily substitute some other form of support (desk, table, etc). Broken up by body area, so if you have a trouble area you can focus on that or if you're looking for a whole body work out you can choose different exercises for all the different parts of the body. Very detailed, easy to read and follow along with, love the diagrams on the side of each exercise that show what moves/positions each exercise can help with.

Clear understanding of which muscles are being used on the different positions of dance. Every dancer should have this book to assist with any lagging areas or areas of concern that need more development. I HIGHLY RECOMMEND for every teacher and personal trainer. I myself am a personal trainer and dancer so I see the very strong correlation between staying a strong dancer yet also staying a **HEALTHY** dancer as well.

Excellent! Information on every muscle that we use in dance and exercises to strengthen your muscles. Dancers tend to repeat many steps, creating weakness in other muscles and these exercises help you with that. They also help you in finding and feeling the muscles that should be engaged for a particular step.

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