



# **Trail Guide to the Body: How to Locate Muscles, Bones, and More (3rd Edition)**

*Andrew R. Biel*

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# Trail Guide to the Body: How to Locate Muscles, Bones, and More (3rd Edition)

Andrew R. Biel

## Trail Guide to the Body: How to Locate Muscles, Bones, and More (3rd Edition) Andrew R. Biel NEW Third Edition!

This acclaimed book teaches readers to palpate the body's structures with ease and precision. The beautifully illustrated, user-friendly guide to the muscular and skeletal systems makes learning the necessary bodywork skills interesting, memorable and easy. With 420 pages and 1,100 illustrations, this 3rd edition covers more than 125 muscles, 206 bones, 30 ligaments and 110 bony landmarks. It provides an invaluable map of the body.

New to this edition:

**Synergists: Muscles Working Together** - 75 new illustrations showing the muscles that perform a movement "in action".

**40 new illustrations** showing ligaments and deeper structures of the joints.

Palpation information for **10 muscles new to *Trail Guide***.

**Basic information for 25 additional muscles**, most of which are unpalpable but fill out a reader's knowledge and understanding.

**200 revised** 2nd Edition illustrations

**Palpatory Journal Page** - encouraging readers to create their own "palpation diary" based on their hands-on experiences.

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