

<<The healthy back 背>>

图书基本信息

书名：<<The healthy back 背部健康>>

13位ISBN编号：9781405486477

10位ISBN编号：1405486473

出版时间：2006-12

出版时间：Parragon

作者：Davies, Kim

页数：96

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

## <<The healthy back 背>>

### 内容概要

The back is a complex and unique structure built from sturdy bones, strong muscles, flexible ligaments, and a network of nerves. It is vital that all these parts are working in harmony in order to keep the back healthy. The Healthy Back is your complete guide to understanding exactly how your back works, and discovering the best ways to look after this precious part of the body for now, and the future.

<<The healthy back 背>>

书籍目录

1 a healthy back2 keeping your back in good working order3 waking up your spine4 mobilizing and strengthening the back5 abdominals, buttocks, hips, and legs6 understanding back pain7 helpful therapiesindex

<<The healthy back 背>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>