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Applied Anatomy of Aerial Arts is a compendium of information pertinent to your body and to circus. Though thorough and detailed, it reads like a page-turner. Though thorough and detailed, it reads like a page-turner.

### Applied Anatomy Of Aerial Arts

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Applied Anatomy of Aerial Arts—A Treasure for Circus ...  
Dr. Emily Scherb ' s book Applied Anatomy of Aerial Arts is now available! Emily has written the first anatomy book specifically for aerialists. Learn how your body works when it

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is hanging, inverting, climbing, or doing a hipkey.

## Pole Dance Science - Home

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## Applied Anatomy of Aerial Arts - The Circus Doc

I wrote Applied Anatomy of Aerial Arts (more info here) to put a road map in the hands of aerialists and to help them on their circus journey. I have been involved in circus since

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my childhood and always took my curiosity about the body through my education.

About For Books Applied Anatomy Of Aerial Arts Best ... Applied Anatomy of Aerial Arts: An Illustrated Guide to Strength, Flexibility, Training, and Injury Prevention. This is a must-have book for any aerialist who practises any aerial discipline. It ' s perfect for you if you practice (or you ' re interested in) trapeze, aerial silks, aerial yoga and other aerial arts.

Pure Motion Physical Therapy

Specifically designed for aerialists—including those who do trapeze, silks, and other aerial arts— Applied Anatomy of

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Applied Anatomy of Aerial Arts : Emily Scherb :  
9781623172169

Applied Anatomy of Aerial Arts . Written by "The Circus Doc," Emily Scherb, DPT. This book is a must-have for any circus nerd. Rethinking shoulder position in Circus Arts "Cirque Physio" Jennifer Crane, DPT has so many great articles. I am a big fan of her shoulder series, which easily translates to pole dancing form.

Applied Anatomy of Aerial Arts 1st Edition PDF Free ...

Applied Anatomy of Aerial Artists is a straight forward and immensely useful manual for any aerialist and any circus artist or circus teacher who wants their student to progress,

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avoid injury and gain the strength necessary to do the amazing work they do. It is a must have for any circus library.

Applied Anatomy of Aerial Arts - North Atlantic Books  
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An illustrated guide to anatomy and biomechanics for

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### The Circus Doc

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