



Anatomy Without a Scalpel - Second Edition

Dr. Lon Kilgore

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In Anatomy without a Scalpel, the author, trainer, scientist, teacher, athlete, and illustrator are a single voice. Professor Lon Kilgore's experiences, education, and perspectives, developed from nearly fifty years working with beginning trainees to those with the very highest levels of fitness, come together to create a uniquely direct resource of words and images that makes the learning of practical anatomy approachable to anyone with an interest in making people more fit. This restructured and rebuilt second edition features new and revised illustrations throughout, added sections and clarifications, and new references and resources to aid in your continued study. In the first section of the book, the basic principles of anthropometry and anatomy, as they apply to doing and teaching exercise, are laid out. Everything from microscopic muscle structure to analyzing body segments and exercise position are considered. The second section delivers, from the ground up, a tour of the bones, joints, muscles, and other structures important to human movement. When you finish this book, you will be able to more quickly and accurately detect anatomical structures, explain and plan more efficient and safe exercise movement, and more expediently reach your personal and professional goals in the world of exercise and fitness. Simply put, you will be a better trainer or trainee.

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