

## Trail Guide Of The Body Workbook

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Trail Guide to the Body: A Hands-On Guide to Locating Muscles, Bones, and More. by Andrew Biel | Sep 1, 2010. 4.7 out of 5 stars 448. Spiral-bound.

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What are the "trail markers" that will help you locate muscles and tendons? bony landmarks since there are different body types and the terrain is never the same, explain how one "body map" could apply to all of them.

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Consists of 24 vertebrae. Cervical - 7 (most mobile and accessible), Thoracic - 12 (articulate with 12 pairs of ribs), Lumbar - 5 (located between the 12th rib and posterior iliac crest, are designed to support the weight of the upper body).

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