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Body Reshaping through Muscle and Skin Meridian Therapy

Body Reshaping through Muscle and Skin Meridian Therapy: An Introduction to 6 Body Types shows you how your weight and body shape can be a direct result of ill health and explains the structures and functions involved. It explores much more than just what your scale and the fit of your clothes might tell you.

Body Reshaping through Muscle and Skin Meridian Therapy

In the current Body Conditioning class, the instructor will present exercises for eleven major muscle groups. Many of the exercises performed are listed, below. As you progress through the class, please do work to identify the bodyâ€™s major muscle groups, the predominant muscles in each group, as well as example exercises used to work those ...

MUSCLE GROUPS AND CORRESPONDING EXERCISES

The action potential travels through all cells connected together in a syncytium causing them to function as a unit. Branching cells connect to form network. Cardiac muscle cells are much shorter than cells in skeletal muscle and they branch to connect to neighboring cells through specialized

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