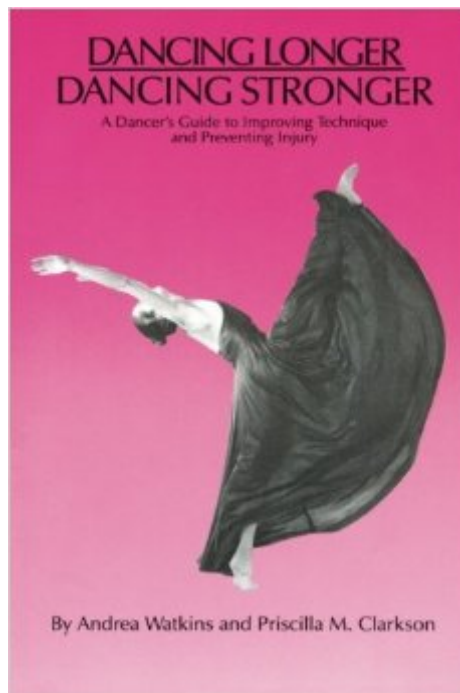


The book was found

Dancing Longer, Dancing Stronger: A Dancer's Guide To Improving Technique And Preventing Injury



Synopsis

Featuring ballet, jazz, modern, and aerobic, this book includes exercises to complement in-class work or to enhance performance.

Book Information

Paperback: 296 pages

Publisher: Princeton Book Company; 1 edition (June 1, 1994)

Language: English

ISBN-10: 0916622983

ISBN-13: 978-0916622985

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (3 customer reviews)

Best Sellers Rank: #985,578 in Books (See Top 100 in Books) #97 in Books > Arts & Photography > Performing Arts > Dance > Reference #195 in Books > Textbooks > Humanities > Performing Arts > Dance #290 in Books > Arts & Photography > Performing Arts > Dance > Classical

Customer Reviews

Dancing Longer, Dancing Stronger is for anyone who desiresto understand their body and how to make it work moreeffectively. Along with detailed anatomical descriptions of all the bones and muscles in the body and how they interact, are exercises for both strengthening and lengthening each muscle set. You don't have devote a fortune in expensive equipment or a large amount of time doing repetitive, boring movement. Suggestions in the Question and Answer sections help you define your structural weaknesses and suggest exercises within the program for overcoming them. Plus you never have to count past 8! Each exercise is done to one of four 8 count rhythms with most exercises being either 4 or 8 reptitions each. As a figure skater, this book has provided me with the best off-ice training I've found to date. Even my coach wants a copy!

This book is the most comprehensive guide to the physiology of dancing. It answers important questions about what is normal and what can cause problems. It also deals with correcting technique problems and preventing injuries by proper strengthening exercises. It covers the entire body from head to toe. In my opinion every dance teacher should read this book so they can responsibly develop young dancers. This book should be reprinted --- anyone who dances should

read it and keep it handy as a valuable resource.

When I first got this book, I loved it. However, when I started to learn more about human anatomy & physiology, and exercise science, I began to realize that the approach to strength-conditioning presented in this book is not as useful as I originally thought it to be, with my main complaint being that the exercises aren't as useful as what the book would like you to believe. There are much better, more natural movements that work the same muscle groups presented in the book. There has been more general research done on exercise physiology and dance since this book was written. Although I have yet to find a book that does a good job at taking exercise physiology and applying it to the subject of dancing, I would recommend reading general exercise physiology (text) books, *Anatomy of Movement* by Blandine Calais-Germain, and *"The Dancer's Way: the New York City Ballet Guide to Mind, Body, and Nutrition"* by Linda H. Hamilton. I DO NOT recommend *"The Dancer's Body Book"* by Allegra Kent as much of the nutritional dietary information in it is inaccurate and IMO promotes eating disorders.

[Download to continue reading...](#)

Dancing Longer, Dancing Stronger: A Dancer's Guide to Improving Technique and Preventing Injury
American Medical Association Complete Guide to Prevention and Wellness: What You Need to Know about Preventing Illness, Staying Healthy, and Living Longer
The Colon Cancer Survivors' Guide: Living Stronger, Longer
Occupational and Environmental Health: Recognizing and Preventing Disease and Injury (Levy, Occupational and Environmental Health)
Occupational and Environmental Health: Recognizing and Preventing Disease and Injury
Your Cat: Simple New Secrets to a Longer, Stronger Life
Lap Dance: The Ultimate Guide to Being the Best Exotic Dancer (The Ultimate Exotic Dancer Package Book 4)
The Ballet Companion: A Dancer's Guide to the Technique, Traditions, and Joys of Ballet
Inside Tap: Technique and Improvisation for Today's Tap Dancer
Swing Dancing: Put on Your Dancing Shoes and Get With Hip-Swinging, Toe-Tapping
Swing Dancing
Guitar Aerobics: A 52-Week, One-lick-per-day Workout Program for Developing, Improving and Maintaining Guitar Technique
Bk/online audio
Drum Set Warm-Ups: Essential Exercises for Improving Technique (Workshop Berklee Press)
Your Older Dog: A Complete Guide to Helping Your Dog Live a Longer and Healthier Life
Living the Farm Sanctuary Life: The Ultimate Guide to Eating Mindfully, Living Longer, and Feeling Better Every Day
The GlamTwinz Guide to Longer, Healthier Hair
The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more
If I Only Had a Brain Injury: A TBI Survivor and Life Coach's Guide to Chronic

Fatigue, Concussion, Lyme Disease, Migraine or Other "Medical Mystery" After the Stork: The Couple's Guide to Preventing and Overcoming Postpartum Depression The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health Book) Keeping Livestock Healthy: A Comprehensive Veterinary Guide to Preventing and Identifying Disease in Horses, Cattle, Swine, Goats & Sheep, 4th Edition

[Dmca](#)