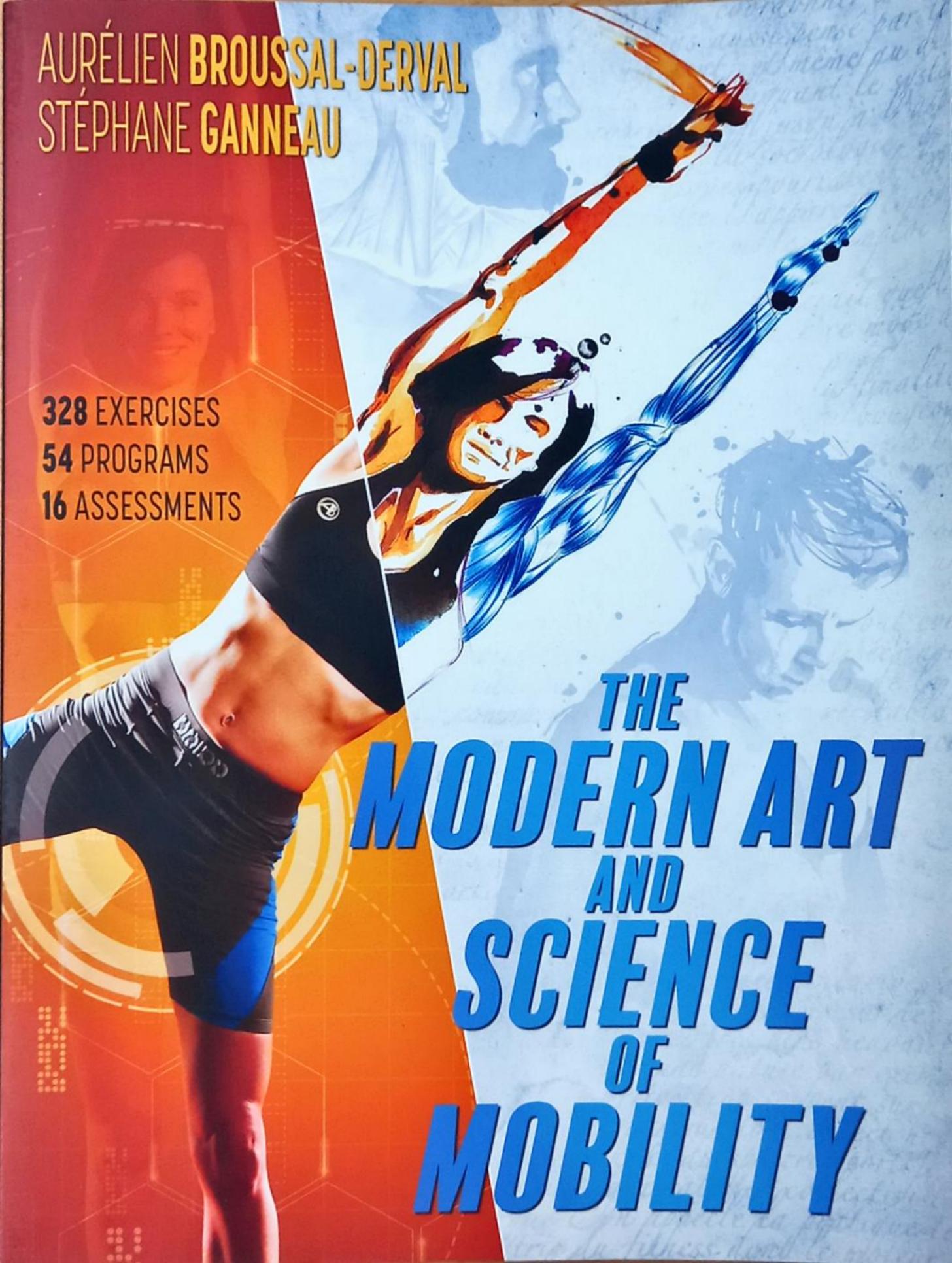


AURÉLIEN BROUSSAL-DERVAL
STÉPHANE GANNEAU

328 EXERCISES
54 PROGRAMS
16 ASSESSMENTS



The cover features a woman in a black and blue athletic outfit in a dynamic pose. Her right arm is extended upwards, with a stylized anatomical drawing of the arm's muscles and tendons overlaid in orange and black. Her left arm is also extended, with a blue anatomical drawing overlaid. The background is split: the left side is orange with faint hexagonal patterns, and the right side is light blue with faint sketches of human faces and handwritten text. The title is in large, bold, blue letters.

**THE
MODERN ART
AND
SCIENCE
OF
MOBILITY**

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#57614

The Modern Art and Science of Mobility



Aurélien Broussat-Léval · Stéphane Ganneau



HUMAN KINETICS

Library of Congress Cataloging-in-Publication Data

Names: Broussal-Dervail, Aurélien, author. | Ganneau, Stéphane, author.
Title: The modern art and science of mobility / Aurélien Broussal-Dervail, Stéphane Ganneau.
Description: Champaign, IL : Human Kinetics, [2020] | Includes bibliographical references.

Identifiers: LCCN 2018048031 (print) | LCCN 2018060289 (ebook) | ISBN 9781492590507 (epub) | ISBN 9781492571223 (PDF) | ISBN 9781492571216 (print)

Subjects: LCSH: Human mechanics. | Exercise--Physiological aspects. | Myalgia--Treatment. | Breathing exercises. | Stretching exercises. | Massage.

Classification: LCC QP301 (ebook) | LCC QP301 .B8858 2020 (print) | DDC 612.7/6--dc23

LC record available at <https://lccn.loc.gov/2018048031>

ISBN: 978-1-4925-7121-6 (print)

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This book is a revised edition of *L'Art du Mouvement*, published in 2015 by 4Trainers Editions.

Publication/editing: Sen Ho Sen; **Managing Editor:** Julie Mara Gaudreault; **Translator:** Terra Sumstine; **Copyeditor:** Laura Stoffel; **Graphic Designers:** Nicolas Moreau (www.graphiste-pro.com) and Davin Sato; **Designers:** Nicolas Moreau and Keri Evans; **Cover Design Associates:** Rothermel Allen; **Photographs:** Johann Vayriot; **Models:** Arié Elmaleh, Laetitia Fourcade, Dounia Coesens, Aurélien Broussal-Dervail, Stéphane Ganneau, Samantha Le Moët; **Illustrations:** Stéphane Ganneau/GANO; **Printer:** Versa Press

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Printed in the United States of America 10 9 8 7 6 5 4 3 2 1

The paper in this book is certified under a sustainable forestry program.

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CONTENTS

Part I – Pain	8
01. Pain and Movement	10
02. Trigger Points	13
03. Self-Massage	15
✓ Should Massage Be Painful?	16
✓ The Iliotibial Band	17
✓ From Self-Massage to the Warm-Up	17
04. Combatting Pain	20
✓ The Basic Rules for a Reset	22
✓ Limiting the Exclusive Use of Self-Massage	22
✓ The Theoretical Need for an Analytical Approach	23
✓ The Scans	25
Part II – Breathing	78
01. The Relationship Between Stress and Breathing	80
02. Comfort Zone and Stress Zone	81
03. The Muscular System and Breathing	82
04. Retraining the Diaphragm	86
05. Training the Respiratory System	91
06. Managing Your Day	93
Part III – Movement	95
01. Muscle Chains	98
✓ The Myofascial Network	98
✓ The Agonist, Antagonist, Synergist, and Neutralizer Muscles	102
✓ Open and Closed Kinetic Chains	157
✓ Training Programs for Contraction	157
Part IV – Mobility	159
01. Functional Training	255
✓ Muscle Fiber Types and Movement	256
✓ Exercise Series	258

THE MODERN ART AND SCIENCE OF MOBILITY

Live pain free and maximize your training potential!

The Modern Art and Science of Mobility is a striking visual guide to releasing muscle tension and activating muscles for functional motion. It goes beyond traditional training methods to ask these simple questions:

- *Are you truly reaping the full benefits of training if it does not include mobility exercises?*
- *Why are the vast majority of people, even the most athletic individuals, unable to perform basic motor tasks without pain or difficulty?*
- *Why are physically active people still dealing with lack of mobility and chronic injury?*

Whether you are a casual exerciser or an elite athlete, this book will teach you how to understand, preserve, and maintain your body with over 300 exercises designed to improve mobility, facilitate recovery, reduce pain, and activate muscles. Utilize the self-tests to assess your current level of mobility, and then choose from over 50 prescriptive training routines to target your specific goals. You'll find exercise recommendations based on body region and activity, and you'll learn to incorporate a variety of techniques and popular equipment, including resistance bands, foam rollers, massage balls, and stability balls.

Mobility is the foundation for training your best and feeling your best. *The Modern Art and Science of Mobility* will help you do just that by helping you to alleviate pain, improve posture, and release muscle tension for a more comfortable and enjoyable quality of life.

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