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Books 2023



PARRAMÓN PAIDOTRIBO CATALOGUE

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**BODY & MOVEMENT
THERAPIES**

Adapted Training & Exercises



As it is true that at different stages of our lives physical exercise should vary or slow down, no one doubts the need for physical exercise to have a good quality of life in all stages. **Adapted Training & Exercises** offers exactly this: Exercise adapted to different moments of life. Useful for professionals as well as users, the books in this series become a valuable resource to feel good and to keep body and mind in good shape.

Titles in the series

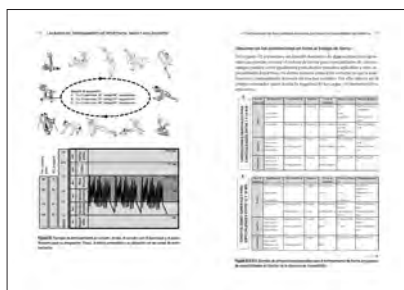
1. Anatomy & Stretching for Pregnancy & Postpartum
2. Basics of Training Endurance for Children and Teenagers



New

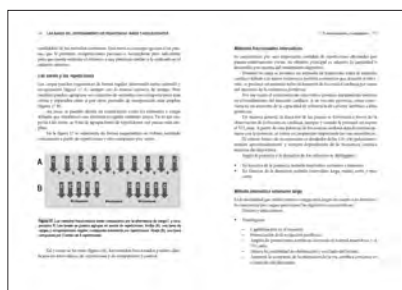
- 144 pp
- 210 x 275 mm
- 4x4
- Papergack
- 230 000 characters

1 / SOLD: EN (WR), FR



- 192pp
- 150 x 215 mm
- B/W
- Papergack
- 293000 characters

New



2 /



New

- 256 pp
- 210 x 275 mm
- B/W
- Paperback
- 371 000 characters

3 /

Titles in the series

3. Injury Prevention for The Elderly
4. Pilates for Senior
5. Anatomy & Stretching for Senior



- 128 pp
- 210 x 275 mm
- B/W
- Paperback
- 280 000 characters

4 / SOLD: KR



- 144 pp
- 210 x 275 mm
- 4x4
- Flexibook
- 235 000 characters

5 / SOLD: DE, FR, TW





Anatomy & Body Mind

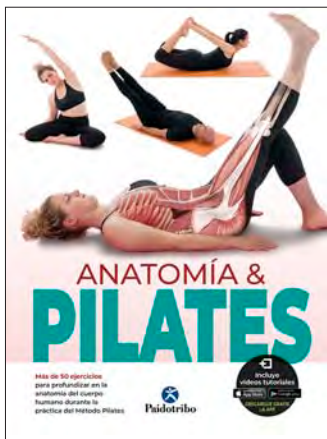


The practice of professions associated with relaxation goes far beyond this. This book collection offers instruction on how to work with muscles, regulating their positions and movement and effectively contribute to their toning. The collection also considers the flexibility of joints and how important healthy joints and muscles are to our general wellbeing.

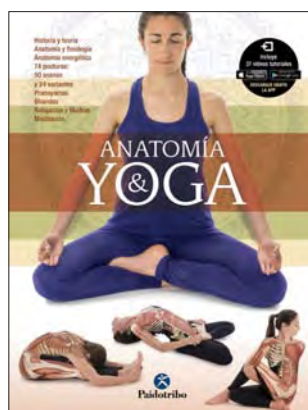
- 144 / 160 pp
- 210 x 275 mm
- 4x4
- Flexibook
- 275 000 / 205 000 characters

Titles in the series

1. Anatomy & Pilates
2. Anatomy & Yoga
3. Anatomy & Taichi



1 / SOLD: FR, IT



2 / SOLD: BR, CN, CZ, DE, FR, IT, RU, TW, US



3 / SOLD: CN, FR, IT

Anatomy & Bodybuilding

A series that studies muscle functions through the use of exercise to maintain a strong, elastic and flexible musculature. A series of very visual manuals with plenty of exercises, so we do not have to limit our full workout potential.



- 132 / 128 / 152 pp
- 210 x 275 mm
- 4x4
- Flexibook / Paperback
- 160 000 / 295 000 characters

Titles in the series

1. Massfit. The Best Workout for Training at Home
2. Anatomy & Strength Training Without Specialized Equipment
3. Anatomy & Bodybuilding

Forthcoming title

Massfit 2. Flexibility and Relaxation

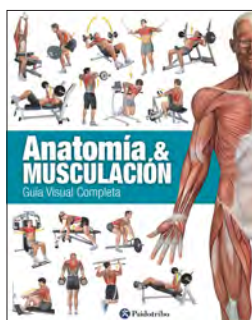
New



1 / SOLD: CN



2 / SOLD: CN, FR, IT, TW, US



3 / SOLD: BR, CN, DE, FR, IT, PL, TW, US







Anatomy & Massage

This title seeks to establish a link between massage for athletes, the athletes themselves and those interested in their care and wellbeing. This link is created through manual work with the tissues that surround, connect, communicate with and are present in all tissues, organs and systems - connective tissues, more specifically the fascia. This work is illustrated throughout with diagrams, step-by-step photographs and accompanied by videos. It is an up-to-the-minute working manual based around the theme of myofascial tissue.

- 160 pp
- 210 x 275 mm
- 4x4
- Flexibook
- 400 000 characters

Titles in the series
1. Anatomy & Sports Massage



1 / SOLD: CN, DE, FR, HU, IT, RS, TW, US





Anatomy & Stretching



Flexibility is a physical quality that we naturally start to lose from the moment of birth. Over time we may suffer from limited mobility or muscle and joint pain, during the course of our everyday lives or while we practice sports. It is therefore fundamental to perform regular stretching workouts. This collection offers a series of visual guides on how to correctly perform muscle stretches, and quickly and easily improve flexibility.

- 168 / 152 pp
- 210 x 275 mm
- 4x4
- Flexibook
- 235 000 to 311 000 characters

Titles in the series

1. Anatomy & 100 Essentials Stretching Exercises
2. Anatomy & 100 Stretching Exercises for Running
3. Anatomy & 100 Stretching Exercises for Cycling
4. Anatomy & 100 Stretching Exercises for Tennis
5. Anatomy & 100 Stretching Exercises for Golfing



1 / SOLD: BR, CN, DE, FR, IT, PL, RU, TW, US



2 / SOLD: BR, CA, DE, FR, HU, IT, PL, PT, TW, US



3 / SOLD: CN, FR, HU, IT, PL, TW, US



4 / SOLD: CN, FR, IT, US



5 / SOLD: FR, KR