



# Trail Guide to the Body Flashcards Vol. 2: Muscles of the Body

*Andrew Biel*

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# Trail Guide to the Body Flashcards Vol. 2: Muscles of the Body

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## **Trail Guide to the Body Flashcards Vol. 2: Muscles of the Body** Andrew Biel

Flashcards are a powerful way to learn and memorize anatomical structures - especially when they have images identical to those in the textbook. Repetition aids retention! Volume 2 covers the muscles of the human body with 189 cards. These flashcards cover the following chapters in Trail Guide to the Body: Shoulder/Arm, Forearm/Hand, Spine/Thorax, Head/Neck, Pelvis/Thigh, Leg/Foot. Features of these flashcards include beautiful, hand-drawn illustrations in a two-color format, a list of the Action, Origin, Insertion and Nerve innervation (AOIN) of each muscle, and the pronunciation of each muscle. Page references in the bottom corner are for finding more information in Trail Guide to the Body Textbook. Quick symbols are in the upper right-hand corner. Call-out letters (a, b ,c ,d) have been placed next to each structure to help you identify the specific structure in question. Binder ring that lets you organize cards to study only those you need, and they are durable, coated cards (5 1/2" x 4") that are easy to handle and made to last. 5th Edition. Published September 2014. ISBN 978-0-9829786-8-9.

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