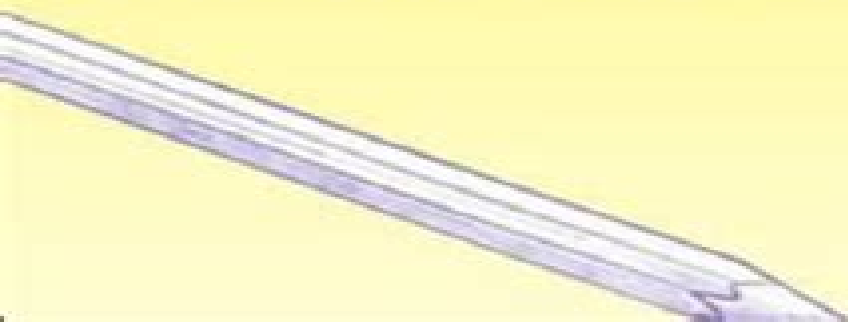


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Human Anatomy Made Amazingly Easy Christopher Hart,2013-08-07 From head to toe the human form in all its complexities is visually simplified to such a degree in this remarkable workbook that even complete beginners will soon be able to draw accurate well proportioned faces and figures every time they try Avoiding complex charts of muscles and bones that are more helpful to doctors than to artists this book s refreshing approach teaches anatomy from a cartoonist illustrator s point of view For example there are many large and small muscles in the neck all rendered in great detail in most anatomy books but here master teacher Christopher Hart shows only the four that are visible and need to be drawn His clear instruction helps readers to visualize and portray shifting body weight in a pose without the need of a model and instead of showing a mass of facial muscles and bones he translates them into the simple planes an artist needs to draw a range of expressive faces

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web oct 5 2022 start in a plank position or lower your knees if you re still building up your strength perform 4 push ups with abs in and spine neutral on the fifth pushup lower halfway down and hold for 4 counts push back up and repeat the series 4 regular pushups and 1 halfway down five or more times for up to 2 minutes

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