

Are you a performing musician?,... String?,... Voice?,... Brasswind?,... Woodwind?,... Keyboard?,... Percussion? Are you a performing dancer?... Ballet?,... Modern?,... Western?,... Avant-garde?,... Ballroom?,... Broadway?

This is the first book ever to correctly explain how to maximize your physical potential to artistically perform. It also explains how to add years to your performance career. It is information that teaches you how to enhance the strength and functional ability of your body to enable it to more easily and safely express your art.

Ken Hutchins guarantees that after reading *Music and Dance* you will ask yourself, "Why did my teachers and mentors not explain these principles to me before?" Answer: because they did not know about them. Your teachers were misled about exercise and strengthening as were we all.

Are you a physician?,... a coach?,... an athlete?,... a physical therapist?,... an exercise physiologist?,... a kinesiologist?,... a physical education instructor? If you read this book you will find that everything you were ever taught about exercise is wrong...not just a little wrong...WAY WRONG, blatantly crass! The information contained within these pages must now be included as minimum competency requirements for all concerned with the subject of physical exercise and skilled performance.

If you are a professional exercise instructor, this book provides you with a way to simply explain why Aerobics, Pilates, Yoga, Calanetics, isokinetics, plyometrics, stretching programs, functional training, and many other vogue notions do not qualify as *exercise* and how they are counterproductive to your functional health.

Exercise can provide tremendous benefit or harm. Follow the recommendations in *Music and Dance* or forget about it entirely!

—Critical Factors for Practice and Conditioning—  
HUTCHINS  
Music and Dance

# Music and Dance

## Critical Factors of Practice and Conditioning

by Ken Hutchins

- Special Chapters on Skill Training
- The Most-Efficient Practice Approaches
  - Daniel Coyle's Fallacies
  - The Functional Ability Argument
- Achieving Maximum Cardiac Perfusion
- The Lurid History of Exercise Physiology
  - Genetic Factors and Limitations
  - Injury Prevention
- The Myth of Diaphragmatic Breathing
- Distinctive Language in Music Pedagogy
- Strength and Endurance for Top Performance
- Exercise Programs with Minimum Equipment
- Things That All Great Athletes and Coaches Should Know, But Don't

by the Author of *SuperSlow*<sup>®</sup>—*the Ultimate Exercise Protocol* and the Developer of the *SuperSlow*<sup>®</sup> Exercise Protocol and the Inventor of the *Linear Spine*<sup>®</sup> Machines

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