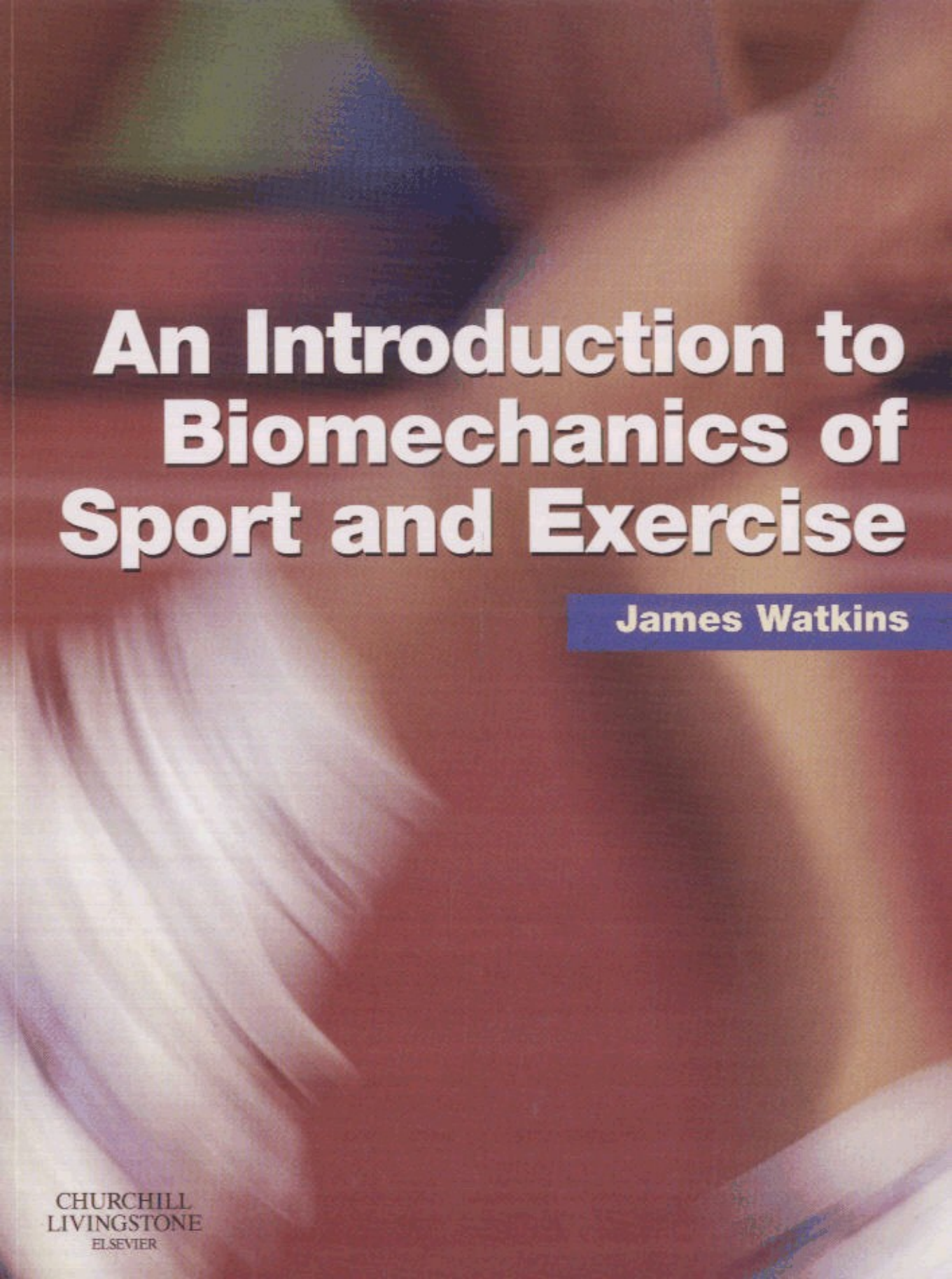


The background of the cover is an abstract composition of warm, earthy tones—reds, oranges, and browns. It features a prominent motion blur effect, with streaks and soft gradients that suggest movement and energy, possibly representing a person in motion or a close-up of a body part during exercise.

An Introduction to Biomechanics of Sport and Exercise

James Watkins

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