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The mechanical roles of tendon and muscle contractile elements are often considered independently of each other, but functionally these elements are closely integrated.

The authors tried to present the material in the most accessible form, as they always do in their works, actually doing at the same time popularization of scientific research. This explains both the detail in some sections and some simplifications in the presentation of materials in other sections.

The monograph was prepared based on the results of both own and scientific research by Soviet, Russian and foreign scientists. The original and inherently unique materials with links to primary sources are given.

We hope that the book will be useful to all readers and will become for them both a manual and a reference book that will help in practical work.

The publication is intended for students, postgraduates and teachers of universities and faculties of physical culture, researchers, as well as coaches and athletes who do not always have the time and opportunity to study scientific works.

This edition is the product of translation from the original Russian publication in to the English language

Besides the main idea of this monograph belongs to Victor Turaev. Also the arrangement of the whole book including the text, illustration and tables was made by him personally. Redaction of the English version of the text after the translation from original Russian publication was done by Vladimir Tyupa.

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