



Functional Slimming Shaper

成就完美体形

减肥与美体丛书

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A NEW EFFECTIVE
APPROACH TO WEIGHT LOSS



第二军医大学出版社
Second Military Medical University Press

健康和健身 / 身心和精神 / 自助 / 运动和休闲 / 医疗

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Practical Advice and Effective Exercises
for Shaping your Healthy Body

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内 容 简 介

超重不仅体形失去了自然美,而且可能带来疾病。本书所述的内容是关于饮食控制后运用物理途径辅助减肥、美体的方法,是运用马苏瑞博士独创的功能美体塑形法结合其功能性塑形衣来实现的。可以限制过量饮食,消除影响美感的身体脂肪,恢复自然美的姿势和治愈由于超重而受损的关节、肌肉等组织。本书适合崇尚健康生活和科学减肥、美体的人士阅读。

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此书将帮助您

- ✓ Improve your weight loss results by correct use of functional wear,
Relieving joint and back pain, and preventing cellulite;
- ✓ Learn and master the most effective exercises for waist management;
- ✓ Encourage your muscles to work more effectively,
Thus restoring broken overweight posture and reducing back pain;
- ✓ Understand biomechanical changes in your body during weight gain;
- ✓ Support your body during weight loss.

通过使用功能型内衣改善你的减肥效果，减轻关节和背部疼痛及防止蜂窝组织炎的产生。

学会并掌握最有效的瘦腰要领。

让你的肌肉更有效地运动，以此恢复被破坏的减肥姿势以及减轻背部疼痛。

了解在你体重增长时体内生物力学的改变。

在减肥中呵护你的身体。

序

本书是继《直觉饮食法》后，马苏瑞博士的又一力作，旨在帮助体重失衡的读者恢复完美体型。拥有完美体型是每个女性梦寐以求的事情，而随着现代都市的节奏越来越快，很多白领们的饮食不规律，经常加班、熬夜，而且又没时间运动，工作压力大的时候有时用暴饮暴食来缓解，导致体型臃肿。对此，除了控制饮食外，还有哪些辅助方法呢？

本书将向您介绍马苏瑞博士独创且拥有专利的一种塑身美体的新方法。这种功能塑身方法是基于人体解剖与生物力学原理设计的。

读完本书，您将有以下收获：

了解你体重增长时体内生物力学的变化。

让你的肌肉更有效地运动，以恢复被破坏的体形以及避免或减轻肌肉与关节的损伤。

尝试使用功能型塑身内衣改善你的减肥效果。

马苏瑞博士从科学的角度，根据人体的肌肉解剖结构而特别设计出的功能塑身衣能对腰肌和脊椎的负荷重新分配，从而减轻脊椎的负荷，达到有效塑形的目的。再加上一些有针对性的肌肉训练——马苏瑞功能美体塑形法训练，将有助您建立起积极和健康的生活习惯和生活方式，逐步引导身体形成理想的形态。

张 燕

2012年5月于上海

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Functional Slimming Shaper for weight loss and improving your waistline

功能美体塑身法，减去多余体重， 重塑腰部曲线

Effective weight loss is a comprehensive goal. For the achievement of such goal we have developed a multilateral approach as depicted below (Fig. 1).

有效的减重是一项综合性的工程，为了实现最终目标我们列举了图 1 所示的多种途径（图中英文在后述的正文已译出）。



Fig. 1 The structure of the Dr. Mazourik comprehensive approach for weight loss

图 1 综合美体瘦身法结构图

Here we will just mention the main components.

1. Intuitive Nutrition®.
2. Detox and body cleansing .
3. Functional wear for slimming.
4. Special system of physical activity.
5. Neuroslimming (self-education and self-motivation).
6. Additional measures for achieving weight loss.

As a component of the Dr. Mazourik comprehensive approach for weight loss, we present to you a new effective concept of healthy weight reduction.

This concept is functional wear that is based on the anatomical and biomechanical principles of human body structure.

这里我们仅列举方法中的重要组成部分。

1. 直觉饮食法。
2. 排毒养身法。
3. 功能性塑形衣。
4. 特别的系统性身体训练。
5. 神经瘦身法（自我教育，自我激励）。
6. 其他瘦身措施。

作为全面减重法的重要组成部分，我们呈现给您一个健康减重的新概念。

这就是基于人体解剖与生物力学原理设计的功能塑形衣。

Special fashion line for weight loss begins with Functional Slimming Shaper designed according to the most advanced scientific ergonomic and medical concepts (Fig. 2).

马苏瑞博士介绍的减肥时尚之路始于根据人体工程学和医学前沿的科学概念设计的功能塑形衣(图2)。

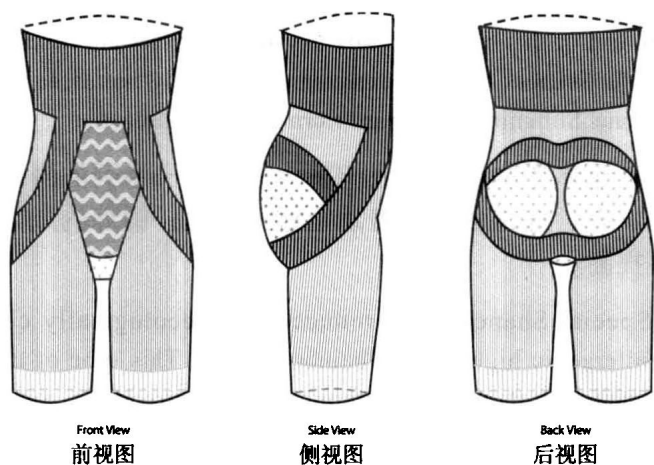


Fig. 2 The schematic image of Functional Slimming Shaper. Front, side, and back view.

图2 功能美体塑形衣的设计图, 前视、侧视和后视图

Wearing of Functional Slimming Shaper substantially facilitates the weight-reduction process and shapes the figure by correcting the position of the center of gravity, vertical axis of the body, and of the bending angle of the pelvis.

穿着功能美体塑形衣大大简化了减重训练的过程，同时通过纠正重心、身体的纵轴和骨盆弯曲的角度以重塑体型。马苏瑞塑形衣强健肌肉，改善它们的工作能力，从而提高肌肉负荷效率。

Special Shapers tone muscles and improve their working capacity. As a result, the efficiency of the muscle load increases. At the end of this book, complex physical exercises are described. The effectiveness of these exercises appreciably increases when Functional Slimming Shaper are worn during training.

在这本书的结尾，我们将为您推荐一系列的身体训练法。在训练过程中穿着功能塑形衣时，锻炼的成效将明显提高。

Special Shapers are produced from ecologically clean hypoallergenic high-quality bamboo fibres. This type of cloth combined with its unique anatomical design provides a constant micro-massaging effect that improves the blood supply to the skin and hypodermic structures.

功能塑形衣采用生态友好的防过敏高品质竹纤维制造。这种特殊材质，结合其独特的解剖结构设计，提供了一个恒定的微按摩作用，改善皮肤和皮下结构的血液供应。

Functional Slimming Shaper are recommended for both women and men.

无论男女，我们都建议您选择试用功能塑形衣。

Anatomical and biomechanical correspondence to a person's body

人体的解剖和生物力学联系

To fully understand all the unique advantages of Functional Slimming Shaper, we suggest you become familiar in brief with the principles of the formation of muscular structure in the lower part of the human body.

Several layers of paired muscles form the muscle frame of the lower part of the human body (Fig. 3).

要想充分认识功能塑形衣所具有的独特优势，首先您需简要地了解人体下半部的肌肉结构形成的原理。

几组成对的肌肉层次组成人体下部的肌肉框架(图3)。

The largest of them are:

A. Rectus muscle of abdomen (musculus rectus abdominis).

B. Abdominal external oblique muscle (musculus obliquus externus abdominis).

C. Gluteus maximus muscle (musculus gluteus maximus).

D. Gluteus medius muscle (musculus gluteus medius).

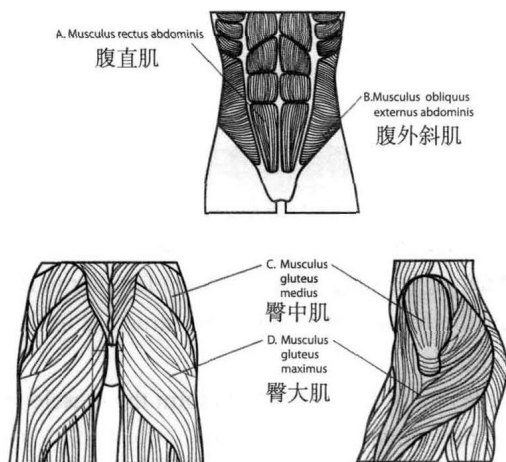
其中最大的几块肌肉是：

A. 腹直肌。

B. 腹外斜肌。

C. 臀大肌。

D. 臀中肌。



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Fig. 3 Main muscles that form the structure of the lower part of the human body
图3 机体下半部的主要肌肉

It is easy to see that all these muscles have a vertical or oblique-vertical direction. Their normal tonus and development provide the sculptural lines of our body.

很容易看出，所有这些肌肉走形均为垂直或斜形方向。正常的肌肉生长和收缩为我们提供了身体的雕塑线。

Without regular physical exercise and in case of weight gain, the above-mentioned muscle group becomes weak and decreases in size. The result is undesirable changes in the shape of the human body, such as increase in the abdomen, hanging down of the buttocks, "riding breeches-shaped" hips, cellulite, and other such things.

如果不经常锻炼身体，在体重增加的情况下，上述的肌肉群的力量将会变弱，尺寸将会减小。结果形成我们不愿看见的身体曲线，如腹部增大，臀部下挂，“骑马裤形”的臀部，橘皮组织形成等。

Functional Slimming Shaper are designed to return muscle tone, to improve the function of weakened muscles, and to recreate correct biomechanical interrelations in the lower part of the body.

功能塑形衣使肌肉收缩力回归原位，改善萎缩肌肉的功能，并重塑身体下部结构的生物力学关系。

It is important that Special shapers not simply fit the blurred contours of a figure like the usual modelling underwear does. But that it impels your muscles to work, restoring the posture broken by excessive weight and reducing the painful sensations connected to it.

重要的是，塑形衣不只像一般的塑形内衣一样贴合您的身体轮廓，更能够同时强健您的肌肉，恢复由于体重超标被破坏的体态和减轻随之而来的疼痛感。

For this purpose, special, anatomically designed breed of shapers has been developed by specialists and created according to the direction of the action of the basic muscle groups, encasing the lower part of the body.

根据身体解剖特点精心设计的塑形衣，由专家构思发明，并根据基本肌群的收缩方向包围下部身体。

Functional Slimming Shaper were designed not only by the best fashion designers, fitness trainers, and engineers specializing in studying the biomechanics of the human body, but also doctors of various specialties.

功能塑形衣的设计由最好的时装设计师、健身教练、专门研究人体生物力学的工程师所担纲，同时又有各专业的医生参与。

Therefore, the Shapers provide not only maximum conformity to the shape of various anatomical zones, but also functional levels of a circular plane and point of compression of these zones. This is achieved by the unequal elasticity of the Functional Shapers at various levels and points.

因此，塑形衣不仅完美贴合各种解剖区的形状，同时贴合这些区域的圆形功能平面和压缩点。这是通过塑形衣在不同平面和点的不均等弹性所实现的。

There are a few degrees of density for the abdomen, waist, buttocks, and hips that consider such factors as characteristics of blood circulation, power lines of the body, and the biomechanics of movements. For this reason, Functional Slimming Shaper for weight loss are positioned to be functional.

腹部、腰部和臀部的血液循环（犹如身体的电源线）密度和动作的生物力学特性等因素均不相同。正因为如此，功能美体塑形衣才起到定位整形功能。

So, for example, the front “insert A” corresponds to the