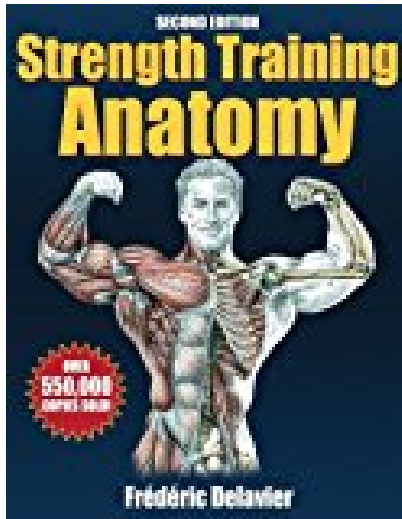


Strength Training Anatomy - 2nd Edition



BOOK DETAILS

- Author : Frederic Delavier
- Pages : 144 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1599044951



BOOK SYNOPSIS

Get an inside look at the human form in action with more than 400 full-color illustrations. This detailed artwork showcases the muscles used during each exercise and delineates how these muscles interact with surrounding joints and skeletal structures. Like having an X-ray for each exercise, the information gives you a multifaceted view of strength training not seen in any other resource.

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