



Strength Training Anatomy - 2nd Edition

Frederic Delavier

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Get an intricate look at strength training from the inside out. *Strength Training Anatomy*, with over 850,000 copies already sold, brings anatomy to life 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 multilateral view of strength training not seen in any other resource.

This updated bestseller also contains new information on common strength training injuries and preventive measures to help you exercise safely. Chapters are devoted to each major muscle group, with 115 total exercises for arms, shoulders, chest, back, legs, buttocks, and abdomen.

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