

Strength Training Anatomy

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Strength Training Anatomy

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Strength Training Anatomy for Athletes - Human Kinetics

In a nutshell, Strength Training Anatomy is a book of expertly drawn illustrations of the human body (over 600) performing weight training exercises. The primary muscles being worked are colored in red and clearly labeled. The bones, muscle fibers and muscular attachments are also beautifully illustrated.

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Strength Training Anatomy is roughly 124 pages, it is not huge and it’s not a complex book explaining everything about bodybuilding and nutrition. In fact, this is more of a visual basic muscle anatomy book pertaining to just muscles worked to their respective exercises.

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