



## The Strength Training Anatomy Workout

By Frederic Delavier, Michael Gundill

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, The Strength Training Anatomy Workout, Frederic Delavier, Michael Gundill, Over one million readers have turned to Strength Training Anatomy for strength training's most effective exercises. Now put those exercises to work for you with "The Strength Training Anatomy Workout". Over 150 full-colour illustrations of this title allow you to get inside more than 200 exercises and 50 workouts to see how muscles interact with surrounding joints and skeletal structures. You'll also discover how variations, progressions and sequencing can affect muscle recruitment, the underlying structures and ultimately the results. "The Strength Training Anatomy Workout" includes proven programming for strength, power, bodybuilding and toning. You'll find targeted conditioning routines for optimal performance in more than 30 sports, including basketball, soccer, track and field and golf.



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