

Back Poster (Strength Training Anatomy)



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Reviews

Extensive guide! Its this sort of very good study. It is actually full of knowledge and wisdom I found out this pdf from my i and dad suggested this ebook to understand.

(Melany Bogisich)

BACK POSTER (STRENGTH TRAINING ANATOMY)



Human Kinetics Publishers, United States, 2008. Poster. Condition: New. Language: English . Brand New Book. Using the same masterful anatomical artwork that is featured in the Strength Training Anatomy and Women s Strength Training Anatomy books, the Strength Training Anatomy poster series consists of seven full-color posters that fully illustrate every major muscle group. This region-specific poster, the Back Poster, presents nine exercise illustrations. -Dumbbell shrugs with rotation -Upright rows with hands spread -One-arm dumbbell rows -Back lat pull-downs -Chin-ups -Seated rows -Bent rows -Good mornings -Back extension Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every back workout. Individual poster size: 24 x 31 (60 x 80 cm).



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