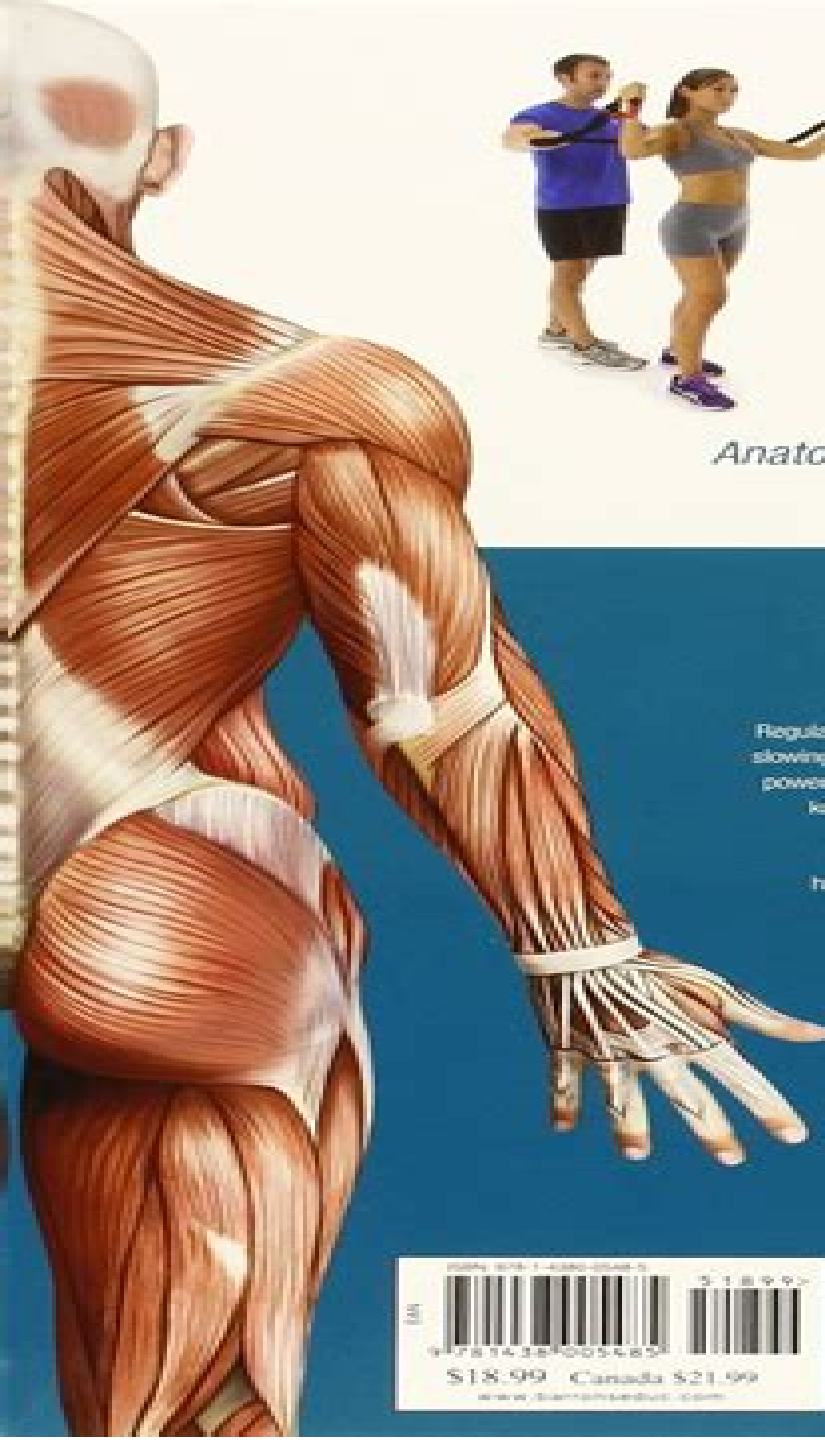




Anatomy & Bodybuilding is the definitive guide to increasing muscle power in minimal time.

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Regular strength training can enhance performance in all aspects of our daily lives, from slowing down the symptoms of aging to helping us develop and maintain bodies that are powerful, well balanced, and beautiful. Understanding how muscles in action function is key to performing strength-training exercises correctly and getting a great workout.

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- ▶ An illustrated examination of muscle function through exercise
- ▶ An atlas of the body's muscles and a guide to the planes of motion
- ▶ Workouts for different levels along with advice and warnings

Dr. Ricardo C  novas L  neas is a doctor of medicine and surgery at the University of Barcelona. He is a member of the National Academy of Sports Medicine of the U.S. and a professor at the International University of Catal  nia.



BARRON'S

Anatomy Bodybuilding A Complete Visual Guide

**Miranda Bass, Lynne Robinson, Gordon
Thomson**



Anatomy Bodybuilding A Complete Visual Guide:

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