

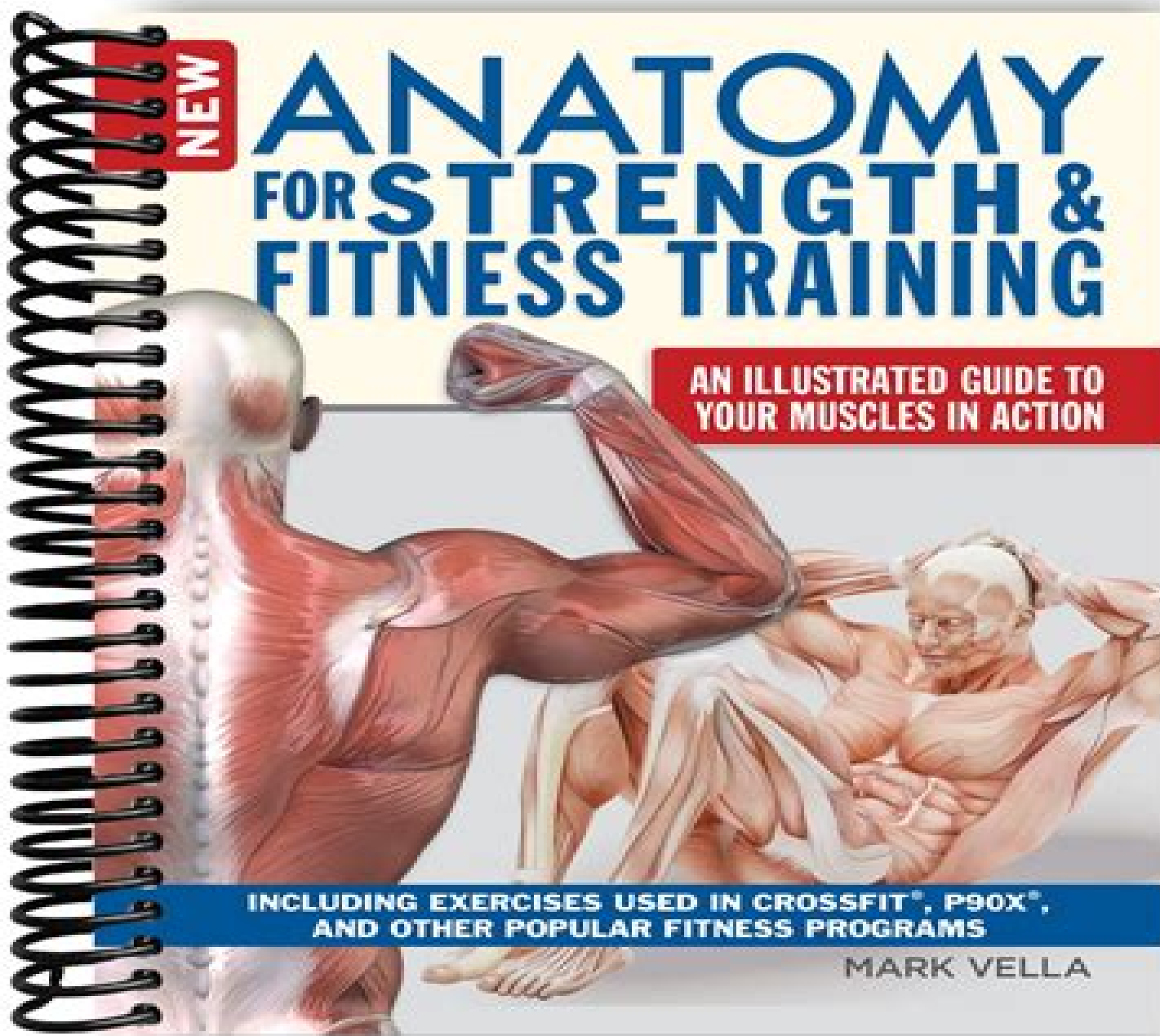
NEW

ANATOMY FOR STRENGTH & FITNESS TRAINING

**AN ILLUSTRATED GUIDE TO
YOUR MUSCLES IN ACTION**

**INCLUDING EXERCISES USED IN CROSSFIT®, P90X®,
AND OTHER POPULAR FITNESS PROGRAMS**

MARK VELLA



Anatomy For Strength And Fitness Training

Michael Seilmaier



Anatomy For Strength And Fitness Training:

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