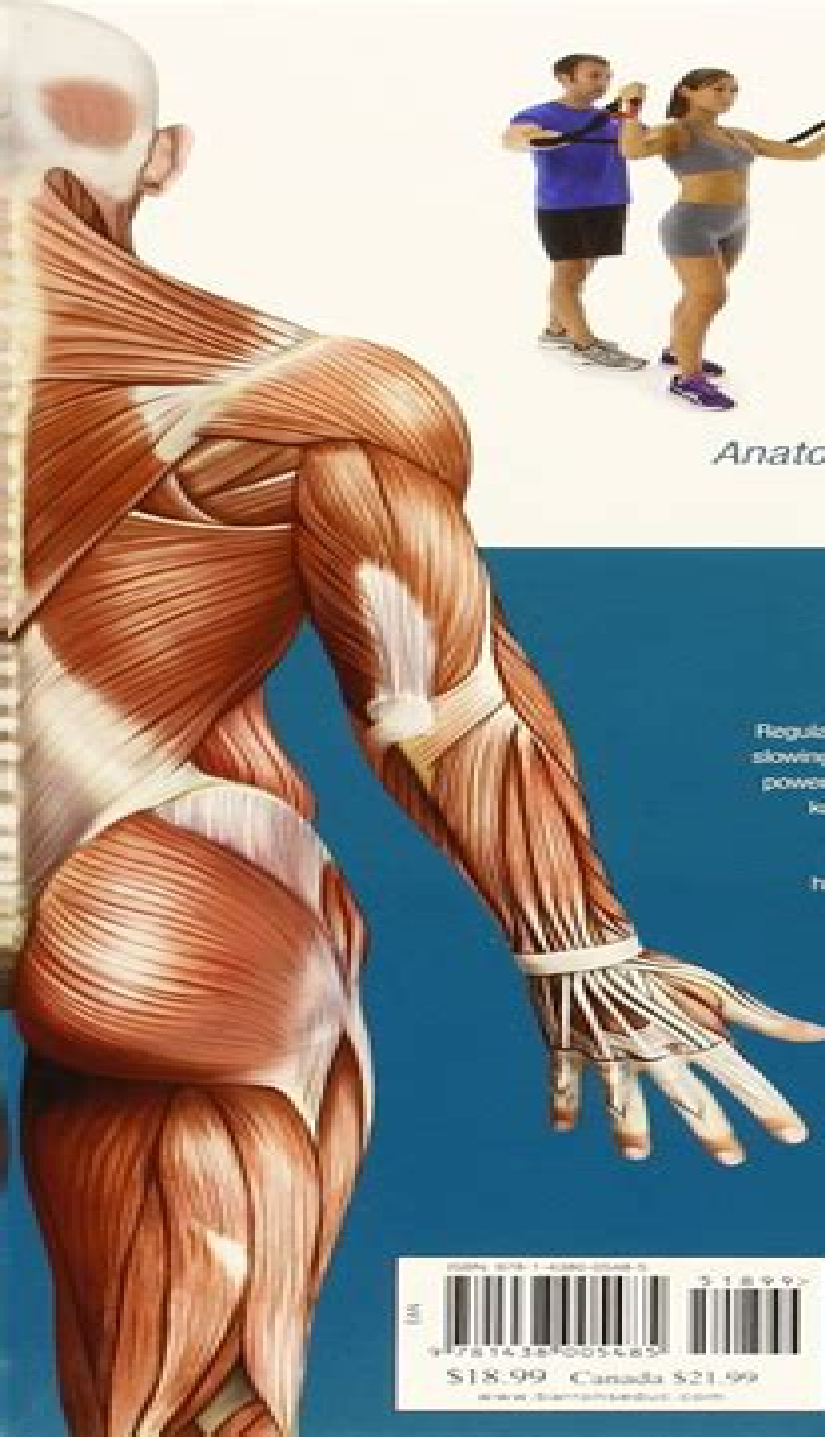




Anatomy & Bodybuilding is the definitive guide to increasing muscle power in minimal time.

Anatomy & BODYBUILDING

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.

Inside this book, highly detailed anatomical illustrations demonstrate exactly what happens in the body during exercise. Health and fitness trainers, students of sports science, and those hoping to start or improve their own fitness regimens will find:

- ▶ Professional guidance for performing 84 exercises safely and efficiently
- ▶ 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.



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Anatomy Bodybuilding A Complete Visual Guide

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