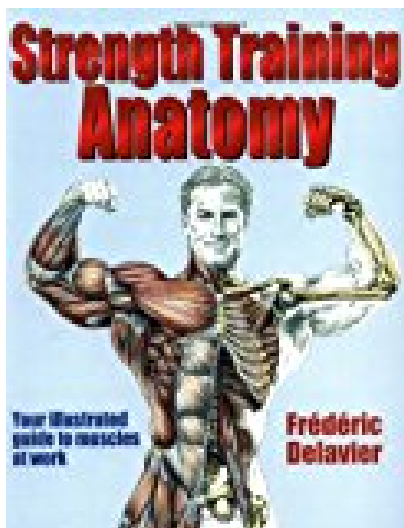


Strength Training Anatomy



BOOK DETAILS

- Author : Frederic Delavier
- Pages : 124 Pages
- Publisher : Human Kinetics Publishers
- Language : English
- ISBN : 0736041850

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BOOK SYNOPSIS

Provides illustrations, photographs, and step-by-step instructions for exercises and programs for strength, power, bodybuilding, shaping and toning, and sport-specific training.

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