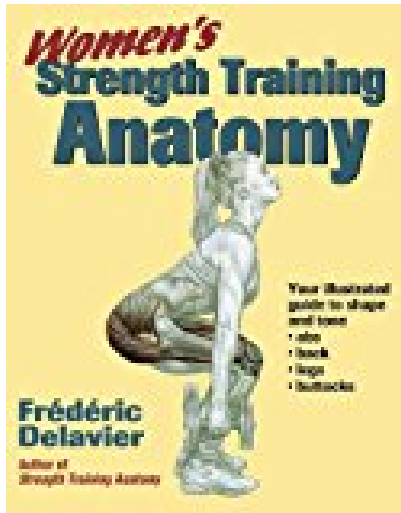


Womens Strength Training Anatomy



BOOK DETAILS

- Author : Frederic Delavier
- Pages : 136 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0444530967

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BOOK SYNOPSIS

In full-color anatomical drawings by the author, this guide shows each exercise while its being performed, revealing exactly which muscles are being used. Exercises for toning the buttocks, abs, legs, and back are featured. 380 illustrations.

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