

Shoulders Poster



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Reviews

Extensive manual! Its this type of great read through. Sure, it is actually engage in, nonetheless an interesting and amazing literature. Its been written in an exceedingly simple way and it is simply right after i finished reading this pdf through which basically altered me, affect the way i believe.

(Mrs. Mertie Cummerata)

SHOULDERS POSTER

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Human Kinetics Publishers, United States, 2008. Poster. Condition: New. Language: English . Brand New Book. Using the same masterful anatomical artwork that is featured in the Strength Training Anatomy and Women s Strength Training Anatomy books, the Strength Training Anatomy poster series consists of seven full-color posters that fully illustrate every major muscle group. This region-specific poster, the Shoulders Poster, is available separately and presents nine exercise illustrations. Lateral raises; Alternate front raises; Alternate lateral raises with a low pulley; Bent-over lateral raises; Barbell front raises; Seated anterior dumbbell raises; Back press; Front press; Seated dumbbell press; Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every shoulder workout.

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