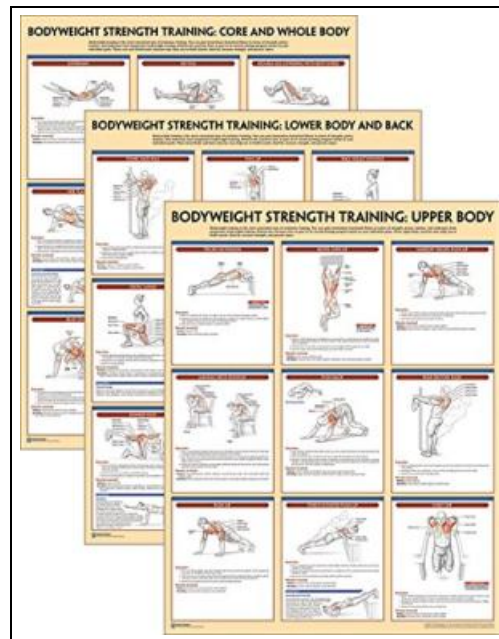


Bodyweight Strength Training Anatomy Poster Series



Filesize: 8.91 MB

Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.
(Prof. London Gerlach)

BODYWEIGHT STRENGTH TRAINING ANATOMY POSTER SERIES

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Human Kinetics Publishers, United States, 2014. Poster. Condition: New. Language: English . Brand New Book. Featuring the same captivating four-color artwork seen in the similarly titled best-selling book, Bodyweight Strength Training Anatomy Poster Series consists of three posters that fully illustrate exercises for major muscle groups. The Upper Body poster presents exercise instruction and illustrations for the following: - Triceps extension - Biceps chin-up - Narrow triceps push-up - Manual neck isohold - Push-back - Rear deltoid raise - Push-up - Torso-elevated push-up (with feet-elevated variation) - Chest dip The Core and Whole Body poster presents exercise instruction and illustration for the following: - Superman - Bicycle - Double-leg lowering with bent knees (with lying straight-leg raise variation) - Side plank (with feet-elevated variation) - Burpee - Push-up with hip extension - Bear crawl - Crocodile crawl - Crab walk The Lower Body and Back poster presents exercise instruction and illustrations for the following: - Towel face pull - Pull-up - Wall squat isohold (with wall squat march variation) - Static lunge (with forward lunge variation) - Single-leg Romanian deadlift (with reaching variation) - Glute bridge (with glute march variation) - Donkey kick (with bird dog variation) - Side-lying clam - Squat calf raise Providing an understanding of the primary and secondary muscles involved in each bodyweight exercise, the illustrations and step-by-step instructions clearly identify safe resistance training movements that can be performed anywhere. Individual poster size: 24 by 31 inches (60 x 80 cm) Posters can be purchased as a series or individually.

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