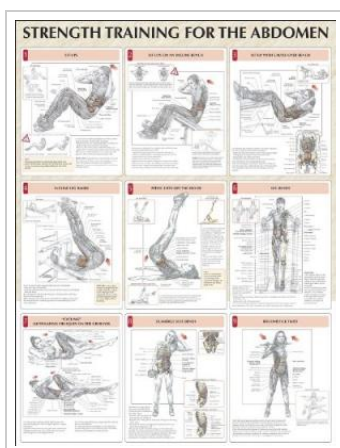




Abdomen Poster

By Frederic Delavier

Human Kinetics Publishers, United States, 2005. 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 Abs Poster, is available separately and presents a clear depiction of the muscles of the abdomen and eight exercise illustrations. Sit-ups; Sit-ups on an incline bench; Sit-ups with calves over bench; Incline leg raises; Leg raises; Cycling; Dumbbell side bends; Broomstick twists; 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 abdominal workout.



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Reviews

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