

## Back Poster (Strength Training Anatomy)



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### **Reviews**

*Absolutely essential go through pdf. Indeed, it really is play, continue to an interesting and amazing literature. You will not truly feel monotony at at any time of your time (that's what catalogues are for concerning if you question me).  
(Julia Mohr II)*

## BACK POSTER (STRENGTH TRAINING ANATOMY)



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 Back Poster, presents nine exercise illustrations. -Dumbbell shrugs with rotation -Upright rows with hands spread -One-arm dumbbell rows -Back lat pull-downs -Chin-ups -Seated rows -Bent rows -Good mornings -Back extension 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 back workout. Individual poster size: 24 x 31 (60 x 80 cm).



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## Other Books



**Dating Advice for Women: Women s Guide to Dating and Being Irresistible: 16 Ways to Make Him Crave You and Keep His Attention (Dating Tips, Dating Advice, How to Date Men)**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dating advice for women Sale price. You will save 66...

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**Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .**

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can usually...

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Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Cool Cars: Set 12: Non-Fiction, Emma Lynch, This title is part of Phonics Bug - the first Phonics programme to bring together research-based teaching methods with...

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**N8 breakthrough wisdom of children's intelligence training classification comparison (Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-11-01 Pages: 63 Publisher: Shanghai Science and Education shot before reading:

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**Readers Clubhouse Set a Nick is Sick**

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Carol Koeller (illustrator). 221 x 147 mm. Language: English . Brand New Book. This is volume three, Reading Level 1, in a comprehensive program

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**Dom's Dragon - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner

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**Dog Heroes: A Story Poster Book**

Storey Publishing, LLC. PAPERBACK. Book Condition: New. 1603421165 Never Read-may have light shelf wear-Great Copy-publishers mark-I ship FAST!

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**I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book**

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It's vital that we support young children s reading in ways that nurture healthy

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