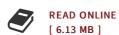




## **Arms Poster**

By Frederic Delavier

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 Arms Poster, is available separately and presents nine exercise illustrations. Alternate curls; Hammer curls; Preacher curls; Underhand barbell curls; Standing one-arm dumbbell triceps extension; Triceps extensions on a bench; Overhand pushdowns; Reverse curls; Wrist curls; 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 arm workout.



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