



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 push-downs; 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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