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BODYWEIGHT STRENGTH TRAINING ANATOMY POSTER SERIES



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...

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- Authored by Human Kinetics
- Released at 2014



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