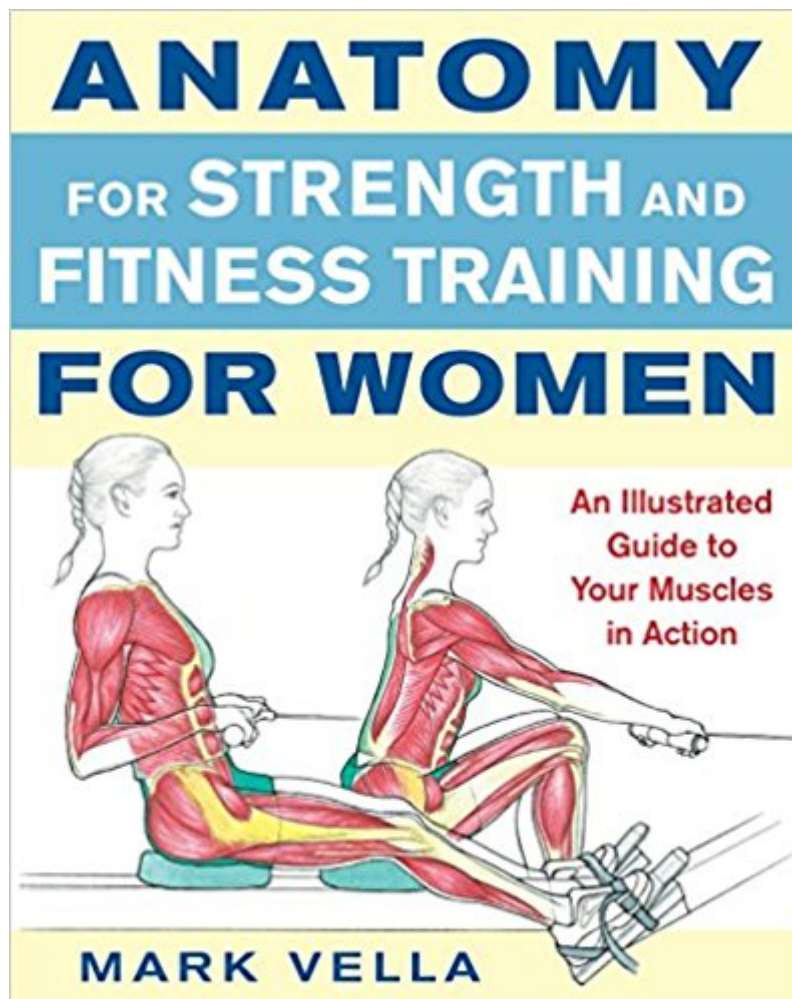




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Anatomy For Strength And Fitness Training For Women



Synopsis

See How Your Muscles Work Before You Work Your Muscles! Anatomy for Strength and Fitness Training for Women provides magnificent visual insight into what happens to your muscles when you exercise. You'll be able to isolate specific muscle groups and design the most targeted program possible. Anatomy for Strength and Fitness Training for Women gives you: 100+ muscle-by-muscle illustrations for an inside look at how exercise affects your muscles 70+ exercises--ranging from free weights to machines to yoga and aerobics--that will sculpt your entire body and will give you a sexy chest, toned arms and legs, slimmer hips, a strong back and shoulders, and flat abs Tips for good form to maximize safety and effectiveness Expert commentary on each exercise, covering everything from history to cautions and benefits Specific exercise programs for muscle tone and strength A difficulty rating for every exercise, ranging from beginner to advanced

Book Information

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Average Customer Review: 4.3 out of 5 stars 35 customer reviews

Best Sellers Rank: #384,567 in Books (See Top 100 in Books) #40 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#) #416 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#) #1004 in [Books > Medical Books > Basic Sciences > Physiology](#)

Customer Reviews

Mark Vella has been involved in the field of health and fitness for more than 15 years as a personal trainer, lifestyle counselor, and massage therapist.

I love this book! There is great detail in anatomy in every action which makes 'strength workouts' more meaningful to me...and, ultimately, to you, as well. Mark Vella does a very good job with the illustrations, anatomical detail, identification, descriptions of each procedure, tips of good form, stabilization of muscles and analysis of movement for each. It includes use of machine exercises as

well as free weight. Being an much older fitness buff, I use the machines for many exercises in addition to some lighter free weights. This book was helpful to me for the exercises I currently pursue. For those interested in a 'walking program', a sample 10 week progressive plan is detailed in addition to analysis of the movement of walking joints. The exercises are broken down by Aerobic Training, Abdominals, Stabilization and Balance, Chest, Legs and Hips, Back and Shoulders, Arms, Stretches and Flexibility. Younger and much older adults will find this book of value; and at home gym program descriptives are included. This beautiful book would be an excellent addition for anyone interested in the physiology and anatomy of fitness; physical therapists, physical fitness trainers, orthopedists, chiropractors, massage therapist or just a long time Senior exerciser such as me wanting more correct information on keeping fit and avoiding muscle mass depletion (sarcopenia) as we age.

Okay

An excellent quick-reference book on the anatomy of muscle movements involved during exercise routines that are more popular with women.

This book allows a person to know what muscles you are working during each exercise. I love the training schedule for each body type also.

Awesome book! Now my exercise routine are better. I know what muscles I'm working out. I recommend this book.

This is very informative in pin pointing muscles you are using and how to put a plan together for a workout

Love the clear pictures and simplified explanations. The details of the pictures was what I was looking for. Great buy!

Great book for me as far as the material, book like new and fast ship. Thank you

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