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This "Encyclopedia of Muscle Training" is intended as a work of reference both for the beginner and the advanced athlete, for the enthusiast or the fitness professional, whatever the users level. The beginner will understand the execution of each exercise and the muscles involved in each movement by looking at the illustrations and reading the text.

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From elite bodybuilding competitors to gymnasts, from golfers to fitness gurus, anyone who works out with weights must own this book—a book that only Arnold Schwarzenegger could write, a book that has earned its reputation as "the bible of bodybuilding."

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• Visual identification of active and stabilizing muscles • Variations for beginner to advanced athletes • "Best For" advice • Step-by-step instructions • Performance and safety tips Encyclopedia of Exercise Anatomy assembles exemplary content from the nine titles in one place for easy use.

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Muscle Exercises Encyclopedia by Oscar Moran Esquerdo

ever, for teaching exercise technique, and nearly of them are included in a companion text—"i.e., " - - "which focuses on correct exercise form.

is is the book I wish I could have studied when I started

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They used electromyography to measure the muscle fiber activity during abdominal exercises. Ripped Abs

Plan /// One of the best ways to torch the abs is to perform a series of core moves in one continuous circuit.

Abdominal Encyclopedia: Core Anatomy And Effective Training

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The deadlift is a very effective compound exercise for strengthening the lower back, but also exercises many other major muscle groups, including quads, hamstrings and abdominals. It is a challenging exercise, as poor form or execution can cause serious injury.

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