


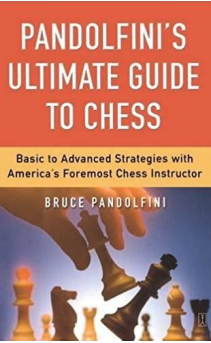
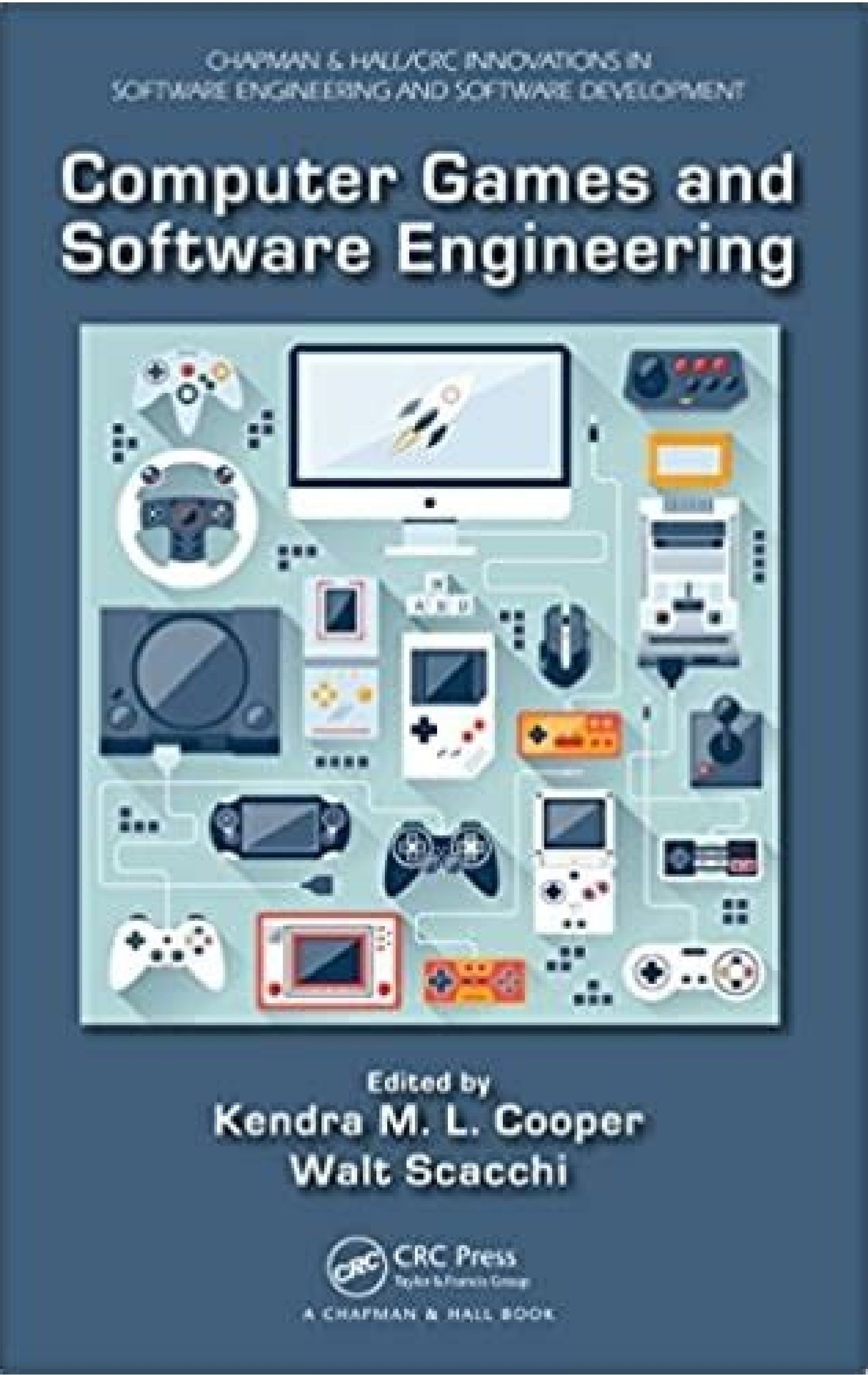
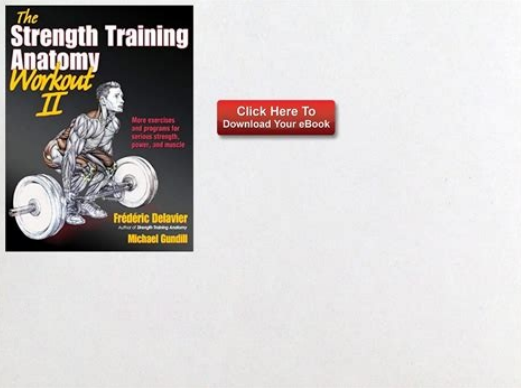
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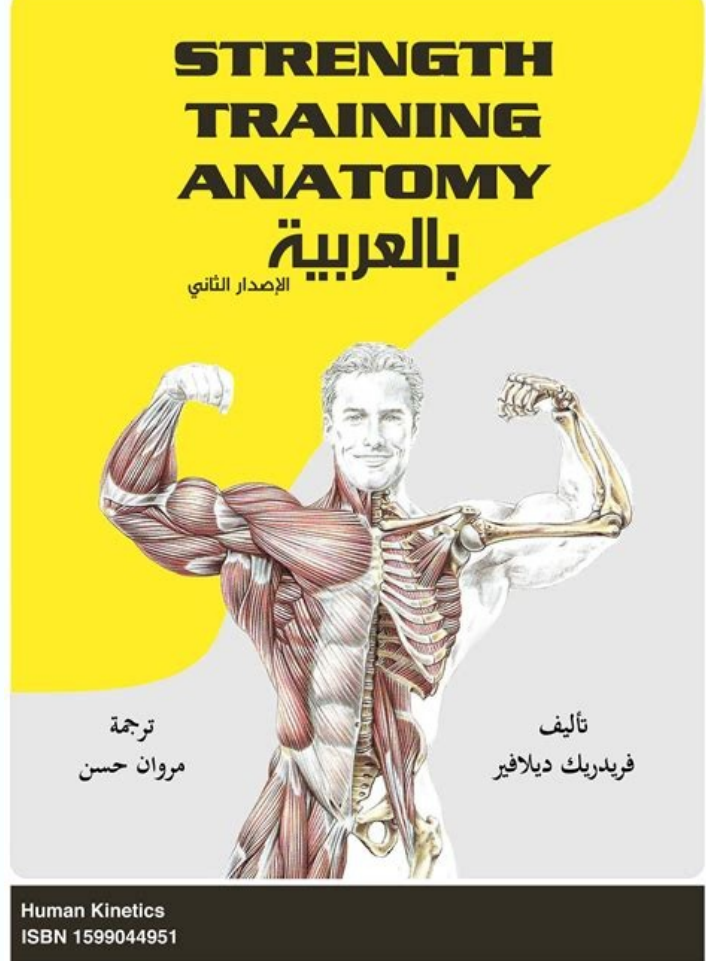
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Strength training anatomy by frederic delavier. Stretching anatomy pdf free download.

Also provided is information regarding proximal and distal attachments, nerve innervation, blood supply, and primary and secondary actions. Many books explain what muscles are used during exercise, but no other resource brings the anatomy to life like Strength Training Anatomy. This one-of-a-kind best-seller combines the visual detail of top anatomy texts with the best of strength training advice.Many books explain what muscles are used during exercise, but no other resource brings the anatomy to life like Strength Training Anatomy. IFA Essentials provides excellent learning opportunities for students of human anatomy, kinesiology, and biomechanics.Like the bestselling first edition, the book provides an intricate look at strength training from the inside out. He is a journalist for Le Monde du Muscle and a contributor to Men's Health Germany and several other strength training publications. Then, using a multiple-choice format, they identify or locate various structures on the model. it focuses solely on individual exercise instruction and exercise anatomy. Sidebars show exercise variations, start and finish positions and additional details (such as deep muscle anatomy with the exact muscle tendon insertions on the bone). Views of any specific structure on the screen can be rotated up to 360 degrees and stopped at any point for viewing or exported for presentations. With new exercises, additional stretches, and more of Frédéric Delavier's signature illustrations, you'll gain a whole new understanding of how muscles perform during strength exercises. There are also common injury sections (yellow colored pages) presented in a clear way to show how the injury happens and how to overcome them.All the primary and secondary barbell and dumbbell exercises are included along with some stretches for major muscle groups. This one-of-a-kind best-seller combines the visual detail of top anatomy texts with the best of strength training advice. ...more Want more? The CD-ROM includes 34 animations and four gross motor movementsâ€”each of which can be viewed from four different anglesâ€”showing muscle function and providing users with a strong sense of the movement around joints.To reinforce the content, IFA Essentials also offers an interactive quiz. A page is devoted to each exercise, and a small amount of text accompanies each illustration, explaining proper form and giving additional tips or precautions. Over 600 full-color illustrations reveal the primary muscles worked along with all the relevant surrounding structures, including bones, ligaments, tendons, and connective tissue.Like having an X-ray for each exercise, the anatomical depictions show both superficial and deep layers and detail how various setup positions affect muscle recruitment and emphasize underlying structures. The major muscles of body parts being worked are colored in red and clearly labeled. Chapters are devoted to each major muscle group, with 115 total exercises for arms, shoulders, chest, back, legs, buttocks, and abdomen. You can try to sign in using VPN or TOR browser Go to TOR browser Enable VPN Now the top-selling book on strength training anatomy comes with the leading software in interactive anatomy to create an impressive package.Strength Training Anatomy, Second Edition, offers the most compelling artwork ever applied to the strength training category and returns with more illustrations and techniques for safely building muscle. If almost or half naked body parts bother you, then you might want to take a pass.Men and women of all ages from any demographic will benefit from this book. تحقق من الصفات الموفرة. No available domains were found It seems the domains have been blocked by your Internet Provider. Over 600 full-color illustrations reveal the primary muscles along with all the relevant surrounding structures, including bones, ligaments, tendons, and connective tissue. New pages show common strength training injuries in a fascinating light and offer precautions to help you exercise safely. A zoom control allows the user to zoom in for a closer look at specific details or zoom out for overall views of any structure. Not only does Strength Training Anatomy, Second Edition demonstrate exercises for the entire body and showcase the muscles used, but it also delineates how these muscles interact with joints, bones, and connective tissue. The bones, muscle fibers and muscular attachments are also beautifully illustrated.The book is divided into seven sections: Arms, Shoulders, Chest, Back, Legs, Buttocks and Abdomen. This book is expertly drawn illustrations (over 600) that reveal the primary muscles worked along with all the relevant surroundings structures, including bones, ligaments, tendons, and connective tissue. This learning tool allows the user to view the entire human body and remove anatomical structures layer by layer, through 11 layers (from skin to bone), with a unique strip-away technique. Sep 30, 2017 Nahid rated it it was amazing · review of another edition Undoubtedly, Delavier is a gifted artist with an exceptional knowledge of human anatomy. New pages show common strength training injuries in a fascinating light and offer precautions to help you exercise safely.Author and illustrator Frédéric Delavier is the former editor in chief of the French publication PowerMag. Advanced embedding details, examples, and help! Over 1 million copies sold! With new exercises, additional stretches, and more of Frédéric Delavier's signature illustrations, you'll gain a whole new understanding of how muscles perform during strength exercises. However, this book does not contain any workout programs. Loaded with more than 400 full-color illustrations, this edition also contains new information on common strength training injuries and preventive measures for each.Download EbookRead NowFile TypeUpload DatePDFMay 30, 2020 How to Read and Open File Type for PC ? The major muscles of body parts being worked are Undoubtedly, Delavier is a gifted artist with an exceptional knowledge of human anatomy. Like having an X-ray for each exercise, the anatomical depictions show both superficial and deep layers and detail how various setup positions affect muscle recruitment and emphasize underlying structures. Additionally, the live-action video option allows for observation of muscle actions during walking, standing from a sitting position, and other activities such as push-ups and sit-ups. Author and illustrator Frédéric Delavier is the former editor in chief of the French publication PowerMag. Strength and fitness enthusiasts worldwide have discovered the benefits of having X-rays of hundreds of exercises, pinpointing the direct anatomical benefits of each one.Stunning, interactive anatomical images are also now provided via Primal Pictures software program Essentials of Interactive Functional Anatomy (IFA Essentials) that is bound into this packaged version of the second edition. Every structure has related text to further define the structure being viewed.IFA Essentials includes descriptions and images of bones, ligaments, muscles, tendons, retinacula, capsules, cartilage, discs, membranes, and other miscellaneous structures. There are also useful machine and cable exercises are mentioned throughout the book.This is an anatomy book. Many health and fitness books explain what muscles are used during exercise, but no other resources bring the anatomy to life like Strength Training Anatomy. مرجع الانشطار... This book is an invaluable reference guide for beginner to advanced trainees and fitness professional. All body parts are depicted, in places. Users can select the level of difficulty and number of quiz questions.