

## Legs Poster



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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 bestselling 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 Legs Poster, is available separately and presents eight exercise illustrations. Squat; Front squat; Inclined leg press; Leg extensions; Lying leg curls; Standing calf raises; Seated calf raises; Machine adductors; 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 leg workout.

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