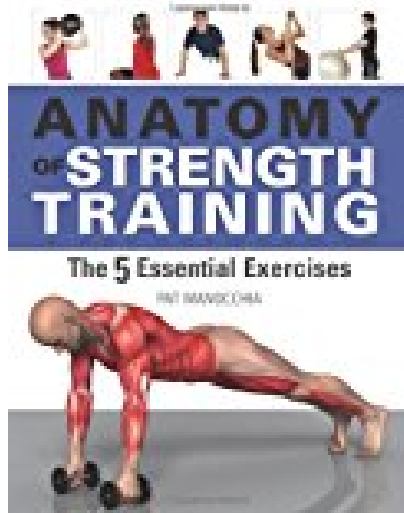


# Anatomy of Strength Training The Five Essential Exercises

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## BOOK DETAILS

- Author : Pat Manocchia
- Pages : 160 Pages
- Publisher : Thunder Bay Press
- Language : English
- ISBN : 1607102048



## BOOK SYNOPSIS

Presents five essential exercises that are needed to build bodily strength and health, with multiple variations of the exercises, detailed information on the correct way to execute them, and color illustrations that highlight the muscles involved in each movement.

### **ANATOMY OF STRENGTH TRAINING THE FIVE ESSENTIAL EXERCISES -**

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