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Strength Training Anatomy 2nd Edition is GREAT for people that want to target muscle groups in their workouts. It shows exactly what exercises work exactly which muscles. Want bigger pecs? bigger arms? bigger legs? a flat stomach? Then this book can tell what exercises you should be doing.

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Strength Training Anatomy, 3rd Edition: Delavier, Frederic ...

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Strength Training Anatomy is a book of anatomy written by Frederic Delavier which is one of the most essential books if you are focusing on the anatomical aspects that play a crucial part in the development of muscles. Understanding that would help you in becoming a gym trainer or would even help you in doing better and effective exercises.

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