



# **Anatomy for Strength and Fitness Training: An Illustrated Guide to Your Muscles in Action**

*Mark Vella*

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"Anatomy for Strength and Fitness Training" is a reference book that offers the reader more than just the 'how to' of exercise and training. Using detailed anatomical illustrations of the way muscles and tendons work, the book provides a visual insight into what happens to the body during exercise, making it invaluable to anyone active in the exercise field. The initial section of the book covers basic anatomy, overviews of the musculo-skeletal system, directional terms, planes and movements, basic kinesiology and an overview of exercise concepts, as well as an explanation of muscle analysis. The core of the book presents 88 exercises involving gym machines, free weights and body weight/stretching, grouped by body region (chest, legs and hips, back and shoulders, arms and abdominals). Each exercise features a full-colour illustration, together with instructions on execution and technique. Supporting graphics show starting and finishing positions, and additional information includes training tips and useful facts.

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