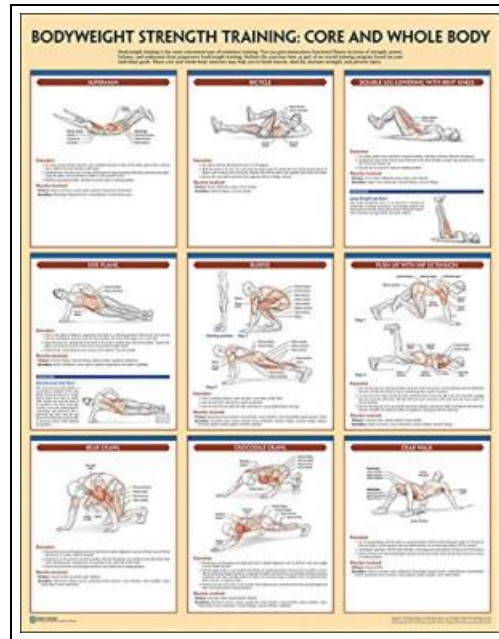


Bodyweight Strength Training Poster: Core and Whole Body



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Reviews

The book is fantastic and great. I have got read through and i am confident that i will planning to read yet again once again in the foreseeable future. I found out this book from my dad and i recommended this publication to discover.
(Prof. Nicole Zieme)

BODYWEIGHT STRENGTH TRAINING POSTER: CORE AND WHOLE BODY



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Human Kinetics Publishers, United States, 2014. Poster. Condition: New. Language: English . Brand New Book. Featuring the captivating artwork from the best-selling book *Bodyweight Strength Training Anatomy*, *Bodyweight Strength Training: Core and Whole Body* presents nine of the most effective exercises in a full-color, oversized poster format. *Bodyweight Strength Training: Core and Whole Body* features exercise instruction and illustrations for the following: - Superman - Bicycle - Double-leg lowering with bent knees (with lying straight-leg raise variation) - Side plank (with feet-elevated variation) - Burpee - Push-up with hip extension - Bear crawl - Crocodile crawl - Crab walk Providing an understanding of the primary and secondary muscles involved in each bodyweight exercise, the illustrations and step-by-step instructions clearly identify safe resistance training movements that can be performed anywhere. Individual poster size: 24 by 31 inches (60 x 80 cm) Posters can be purchased individually or as a series.



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