



## Muscle Mechanics (Paperback)

By Everett Aaberg

Human Kinetics Publishers, United States, 2006. Paperback. Condition: New. 2nd edition. Language: English . Brand New Book. Aimed at strength training enthusiasts and fitness professionals. Each of the 65 exercises illustrates which muscles are being worked, and provides the proper alignment, positioning and lifting technique. The combination of anatomical illustration and technical guidance allows readers to focus on specific muscles using correct technique and provides a base for readers to customise the exercises based on muscle movements. The three sample programmes show readers how to combine the exercises into progressive strength programmes, and how to apply intensity, volume, recovery and exercise sequencing to their own routines for long term training goals.



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