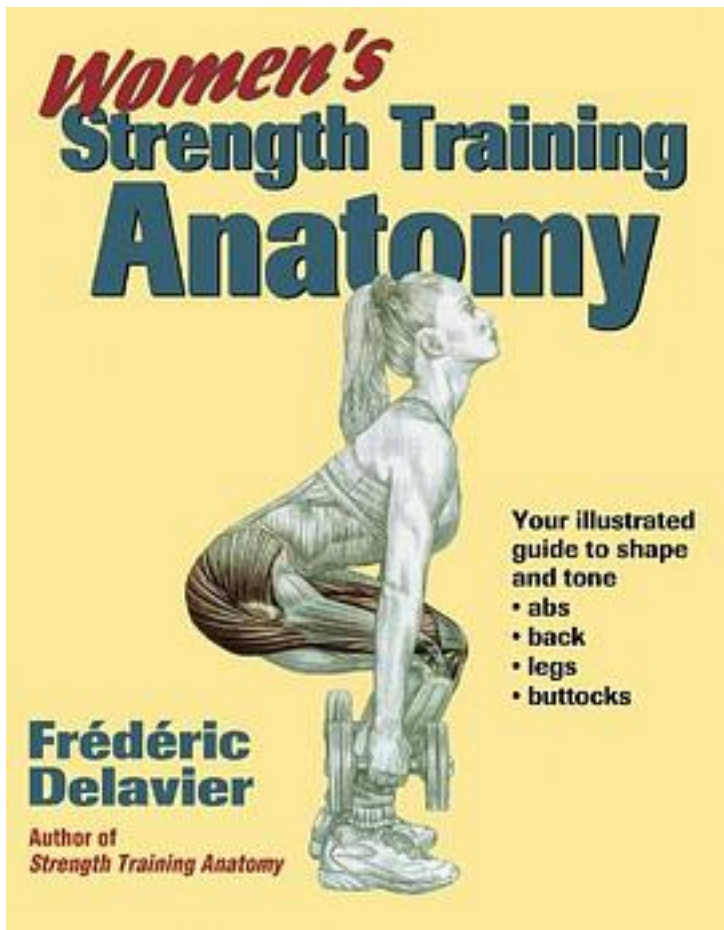


Women's Strength Training Anatomy



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With information on strengthening and toning the legs, buttocks, abs, and back, "Women's Strength Training Anatomy" provides full-color, detailed anatomical illustrations of exercises for these hard-to-shape areas. What makes this book unique is

that readers can see the muscles at work during each exercise, like an X ray of the body in motion. Are there definite anatomical differences in the way men and women should build their bodies? According to the best-selling author and illustrator of "Strength Training Anatomy", the answer is an overwhelming yes! Exercise variations based on a woman's unique anatomical features are also covered, helping to isolate muscles and make each exercise more effective. Make your workouts work harder for you! If you work out to strengthen and shape your body or if you help women get stronger and more defined, this is one book you need for understanding the female form and getting the most from your exercises.

作者介绍:

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