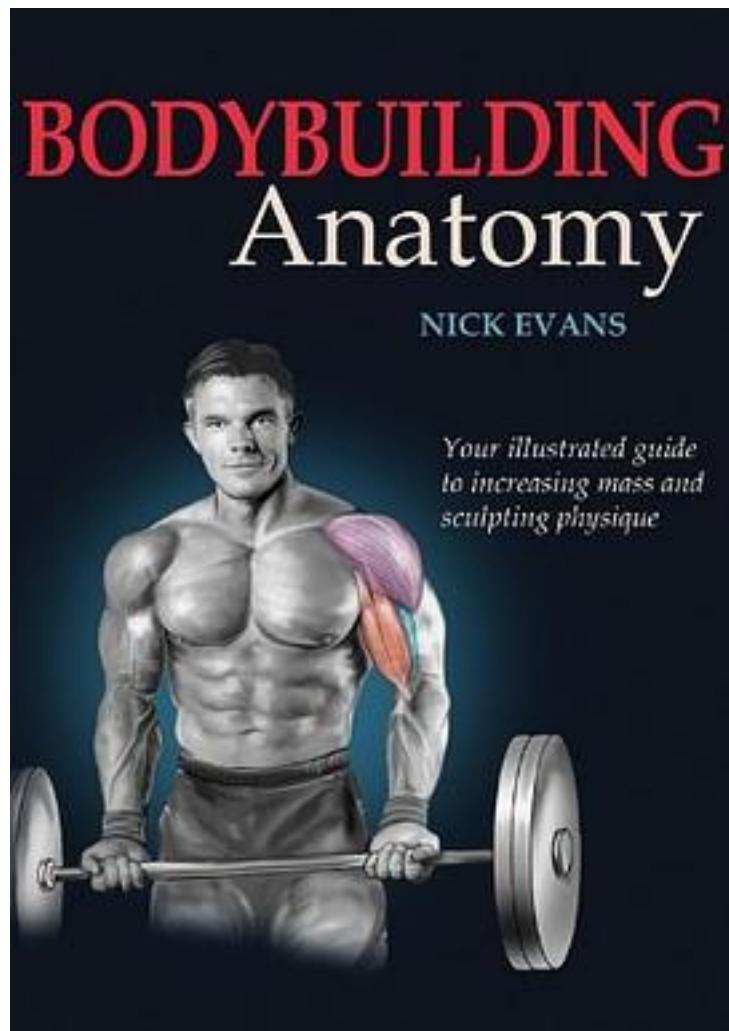


Bodybuilding Anatomy



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著者:Nicholas Evans

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This work is aimed at bodybuilders, strength training enthusiasts and as a reference for

fitness professionals. It is a new addition to the best-selling "Anatomy" series. The original text "Strength Training Anatomy", has sold over 500,000 copies worldwide and has been translated into over 20 languages. This book has enough detail for any serious strength training enthusiast, with training for specific body image goals and key emphasis on technique to avoid injury. It is a combination of top medical and anatomical knowledge with 280 illustrations to guide the reader. Organised by muscle group, each body part is subdivided into muscle target zones allowing the reader to select the specific exercises they need to emphasise hard-to-hit target spots in their physique. Each chapter includes detailed variations on modifying grip, body position, exercise trajectory and range of motion in order to emphasise different muscle groups.

作者介绍:

尼克·埃文斯(Nick Evans)博士，外科医生，精通体育医学，是牵伸训练、营养和负重训练损伤方面的权威，也是肌肉骨骼解剖方面的专家，创作了许多科学著作。

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书评

刚在看第一章，讲肩部的锻炼。

三角肌分为哪三部分，和锁骨相连的前部，跟肱骨相连的侧部肩峰，与肩胛骨相连的后部。各个动作及变种都有配图，非常详尽，特别相对没有解剖学基础的入门者来讲，比较理解，推荐。接着看胸肌这一章，想增肌其实那么多花架子没那么多用，能用好...

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