



Strength Training for the Back Poster

Frederic Delavier

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Using the same masterful anatomical artwork that is featured in the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books, the *Strength Training Anatomy poster series* consists of seven full-color posters that fully illustrate every major muscle group.

This region-specific poster, the *Back Poster*, presents nine exercise illustrations.

- Dumbbell shrugs with rotation
- Upright rows with hands spread
- One-arm dumbbell rows
- Back lat pull-downs
- Chin-ups
- Seated rows
- Bent rows
- Good mornings
- Back extension

Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every back workout.

Individual poster size: 24" x 31" (60 x 80 cm).

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From reader reviews:

Joyce Morton:

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