



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:

Spent a free a chance to be fun activity to do! A lot of people spent their sparetime with their family, or all their friends. Usually they doing activity like watching television, likely to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? May be reading a book is usually option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the e-book untitled Strength Training for the Back Poster can be fine book to read. May be it may be best activity to you.

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