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Anatomy of Strength Conditioning

By Hollis Lance Liebman

FIREFLY BOOKS, United States, 2014. Paperback. Book Condition: New. 277 x 216 mm. Language: English . Brand New Book. Reviews for Anatomy of Exercise (in the same series): Fascinating . useful for anyone interested in enhancing their fitness routine as well as fitness instructors who want to visually show their customers the benefits of each exercise. --American Reference Book Annual One of the best books written as a reference manual for understanding exercise. Great how-to instructions. --Men s Exercise The winning format of the Anatomy of. series was established quickly with the first title, The Anatomy of Exercise. The success of the series lies not only in the innovative presentation but in the variety of titles offered, which gives readers the opportunity to pick and choose according to their needs and goals. Anatomy of Strength and Conditioning is a great how-to reference for those who wish to up their game and train for activities requiring high performance -- strength, speed, aerobic capacity and accuracy -- all essential to success in such sports as soccer, hockey, skiing, climbing and rowing as well as marathons and other endurance activities. The book is also an ideal way to achieve overall fitness. Like each...



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