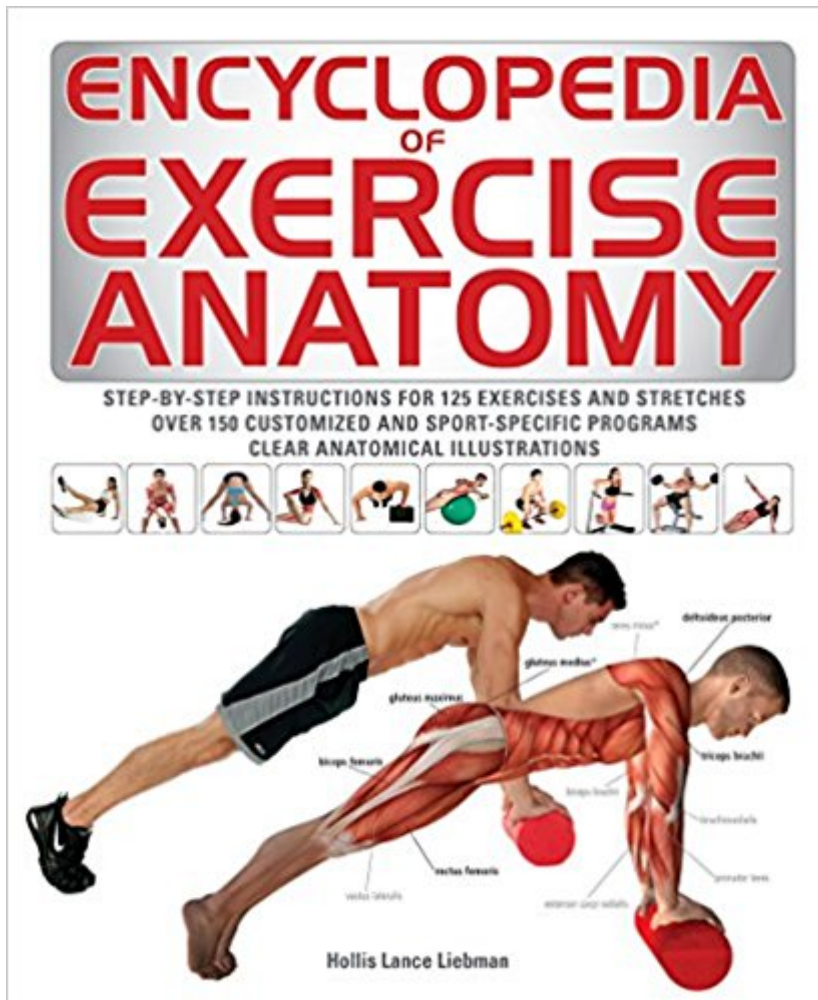


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Encyclopedia Of Exercise Anatomy (Anatomy Of)



Synopsis

Praise for *Anatomy of Exercise: A Trainer's Inside Guide to Your Workout*: "This book would be 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... recommended to medium-sized and large public libraries as well as high school and undergraduate collections." -- *American Reference Books Annual*

The revolutionary series *Anatomy of Exercise* includes eight specialized titles that followed the first title, *Anatomy of Exercise*, each focusing on a specific sport or exercise program. Since the release of the first book, the titles in this innovative series have sold 250,000 copies in North America. Compiling content from all nine titles, *Encyclopedia of Exercise Anatomy* enables the reader to tailor a personalized and professional program that will meet specific needs. A runner can dip into yoga to improve his breathing; a muscle builder can shape her legs with cycling workouts; a gymnast can combine yoga with core stability and strength exercises, and a woman over 50 can design a program that fits into her busy life. Comprehensive and informative, this big compendium includes these standard features:

- Full-body anatomy illustrations, front and back
- Annotated full-color anatomical illustrations for all exercises
- Full-color photographs of exercises
- Visual identification of active and stabilizing muscles
- Concise step-by-step how-to instructions and guidance
- Level-of-difficulty modifications
- "Best For" information boxes
- Safety tips boxes
- Pre-designed workouts
- Visual index of exercises
- Glossary of anatomical terms.

For anyone who works on their fitness routines, whether at a gym, health club or in a sport personally, professionally or academically, *Encyclopedia of Exercise Anatomy* is the ideal resource for a lifetime of healthy living. If not now, when?

Book Information

Series: *Anatomy of*

Hardcover: 392 pages

Publisher: Firefly Books (October 17, 2014)

Language: English

ISBN-10: 1770854436

ISBN-13: 978-1770854437

Product Dimensions: 9 x 1.3 x 11 inches

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Average Customer Review: 4.6 out of 5 stars 13 customer reviews

Best Sellers Rank: #327,506 in Books (See Top 100 in Books) #251 in *Books > Reference >*

Customer Reviews

[starred review] Fitness magazine editor and national bodybuilding champion Liebman's no-nonsense title goes back to the basics, educating users on how to do specific exercises, illustrating in anatomical sketches how the body is affected by them, and listing which exercises best prepare the body for various sports. Part 1 offers general comments and tips on exercise and nutrition as well as large-format computer-generated images (CGI) of the human body with its muscles labeled. The other sections of the book show exercises and stretches in a spread each, with one page offering a photo-illustrated how-to, and the opposite page featuring a CGI of the body at work with the relevant muscles highlighted. Most helpful is the segment of workouts, with instructions for two routines each for beginner, intermediate, and advanced practitioners who want to focus on a particular part of the body or prepare for a particular sport. The sports-specific entries ready readers for common pastimes such as baseball, cycling, and various martial arts but also for sports such as archery, hurling, and water polo. Closing the book are glossaries of English and Latin terms. VERDICT This useful title, which will also work well as a circulating item, presents that something extra for fitness enthusiasts who want to become serious about their conditioning. (Henrietta Verma Library Journal 2014-10-15)

Hollis Lance Liebman has been a fitness magazine editor and national bodybuilding champion. Currently a Los Angeles resident, Hollis has worked with some of Hollywood's elite, earning rave reviews. His web site is www.holliswashere.com.

I gave this book to my trainer, and he "recommends this book for fitness professionals, general fitness, and athletes alike. This book provides an easy understanding with action pictures of what muscles are targeted for hundreds of exercises and stretches. For the sports enthusiasts there are sport-specific programs tailored just for them. This book is a must-have in the home library for anyone who has a workout regimen."It never gets put away at our house because we refer to it so frequently--makes our workouts so much more effective when we know exactly what we are doing and why.

Great book for beginners wanting to know about exercises and how to do them correctly.

great book! thanks

Lots of exercises. Clear bright pictures

Amazing book with awesome pics and I live the sport specific exercises.

Excellent reference book!!

Excellent book. It gives detailed diagrams of primary and secondary muscles being used for each exercise. Appendix has recommended routines by sport and routines by muscle group targeted.

Best exercise book ever!

A gift for my daughter in law. She loved it!

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