



Anatomy of Exercise: A Trainer's Inside Guide to Your Workout

Pat Manocchia

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Anatomy of Exercise is revolutionary for its insights into how different muscles of the body actually work during exercise. The book is organized by body area and shows common sequences in the progression of a typical workout. Lifelike anatomical illustrations demonstrate each exercise and reveal in colorful detail exactly which muscles are engaged, which are being conditioned and how those muscles respond.

The following features help the reader gain the greatest benefit from each exercise and thereby improve fitness and well-being:

A glossary of anatomical terms. No other book provides such rich detail tailored to the general reader. Beginners, those already committed to exercise, competing athletes, trainers, coaches, physiotherapists, massage therapists and the many others involved in fitness will find **Anatomy of Exercise** fascinating, instructive and practical.

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