## **Buttocks Poster**



Filesize: 7.22 MB

## Reviews

Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).

(Paolo Spinka)

## **BUTTOCKS POSTER**



Human Kinetics Publishers, United States, 2005. Poster. Condition: New. Language: English . Brand New Book. 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 Gluteals Poster, is available separately and presents nine exercise illustrations. Lunges; Lunges with dumbbells; Stiff-legged deadlifts; Lateral thigh raises; Cable adductions; Machine abductions; Hip abductions; Hip extensions; Bridging; 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 gluteal workout.



## Other Books



Dating Advice for Women: Women s Guide to Dating and Being Irresistible: 16 Ways to Make Him Crave You and Keep His Attention (Dating Tips, Dating Advice, How to Date Men)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Dating advice for women Sale price. You will save 66...

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 $Create space, United States, 2015. \ Paperback. \ Book \ Condition: New. \ 229 \ x \ 152 \ mm. \ Language: English \ . \ Brand \ New \ Book \ ***** \ Print \ on \ Demand \ *****. \ Getting \ Your \ FREE \ Bonus \ Download \ this \ book, \ read \ it \ to \ the \ end \ and ...$ 

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 $Create space, United States, 2013. \ Paperback. \ Book Condition: New. \ 229 x 152 mm. \ Language: English. \ Brand New Book ***** Print on Demand ******. BONUS-Includes FREE Dog Farts Audio Book for Kids Inside! For a...$ 

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