



## Bodybuilding Anatomy (Paperback)

By Nick Evans

Human Kinetics Publishers, United States, 2015. Paperback. Condition: New. 2nd edition. Language: English . Brand New Book. With full-colour, detailed anatomical illustrations of all exercises, combined with stepbystep instructions on proper execution, Bodybuilding Anatomy is the ideal resource for gaining mass and achieving definition. Focusing on the primary muscle groups of shoulders, chest, back, arms, legs and abdomen, and targeting muscle zones and hardtework areas, Bodybuilding Anatomy can make the difference between bulking up and sculpting an awardwinning physique. In this new edition of his bestselling book, Dr. Nick Evans provides 100 primary exercises, along with 104 variations, to achieve the right results when, where and how they are wanted. Illustrations of the activated muscles in the most popular poses show how each exercise is fundamentally linked to competition. Readers will discover what countless bodybuilders and dedicated strength trainers already know. Bodybuilding Anatomy is the ultimate training guide.



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### Reviews

*It becomes an awesome publication that I actually have actually read. It really is written in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

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*Completely essential go through ebook. it absolutely was written quite properly and useful. Your way of life span will likely be enhance the instant you total looking at this publication.*

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