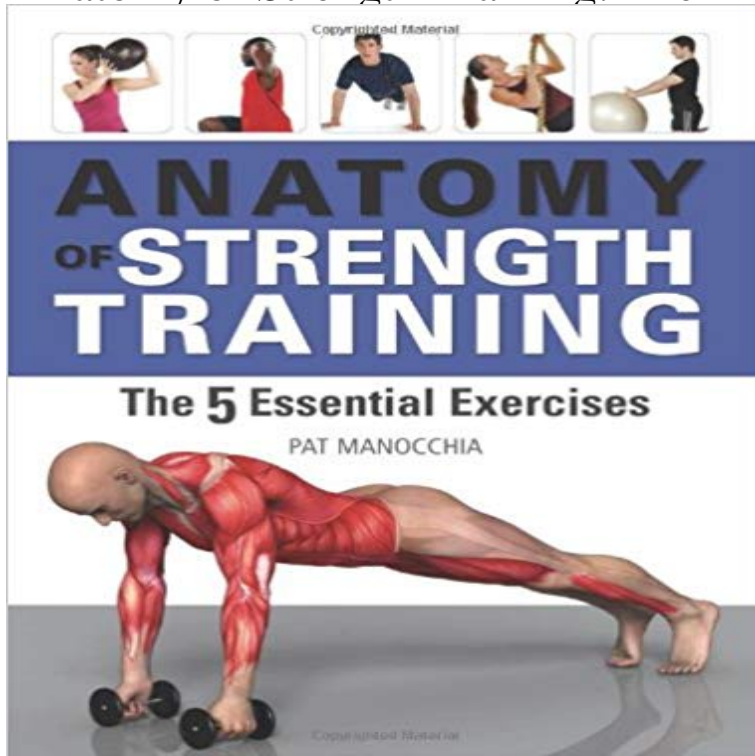


Anatomy of Strength Training: The Five Essential Exercises



Working out can be fun and rewarding. But if you're not doing it correctly, it can seem pointless, and even painful. Knowing the best way to build muscle and knowing why it's the best way can mean the difference between a lifelong devotion to exercise and a fabulously fit body, or giving up in frustration. Health and fitness expert Pat Manocchia gives readers the tools they need to embark on a journey of fitness and health, from basic movements to information on how to build a complete exercise plan. With step-by-step instructions and easy-to-follow illustrations of starting positions and movement paths, it's like having your very own personal trainer. Learn what to do and what not to do. For example, hands should be shoulder-width apart during a chin-up, and you should never, ever swing the body during that move. Keep a slight arch in the back while performing a dead lift, and do so by keeping the head up. Find out how to get results by following these and other exercises. *Anatomy of Strength Training* brings a new dimension to workouts, helping readers target every problem area and helping them stay on the path to health and fitness.

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