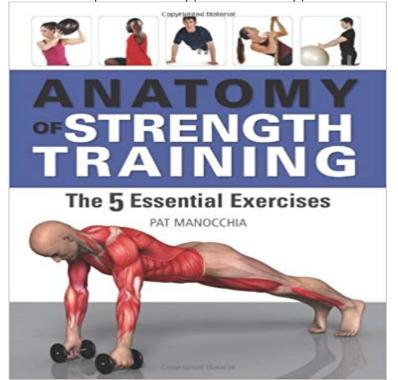
## Anatomy of Strength Training: The Five Essential Exercises



Working out can be fun and rewarding. But if youre not doing it correctly, it can seem pointless, and even painful. Knowing the best way to build muscleand knowing why its the best waycan 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 information on how to build a complete exercise With plan. step-by-step instructions and easy-to-follow illustrations of starting positions and movement paths, its 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 areaand helping them stay on the path to health and fitness.

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