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Hollis Lance Liebman



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The Complete Encyclopedia of Exercises Diagram Group,1979 **Anatomy of Exercise Encyclopedia** Hollis Lance Liebman,2014-08-14 The Anatomy of Exercise Encyclopedia is a unique comprehensive and practical guide to exercise offering clear step by step instructions to more than 100 individual exercises and over 50 targeted workout programmes Full colour photographs and detailed anatomical illustrations pinpoint exactly which muscles are being worked during each exercise so that you can maintain perfect form and get the most from your training The sport specific workouts are designed to help you achieve your goals across many different sports and disciplines mapped to the distinct physical requirements of that sport whether it be football rugby running swimming or cycling so that you can achieve your full potential in whichever activity you enjoy and at whatever level you perform Also included are workouts that acknowledge scenarios that will impact on your ability to exercise Whether it be working out to strengthen your back or exercise adaptations for people with knee problems or working out while pregnant there is a tailored exercise programme to suit your needs [Encyclopedia of Exercise Anatomy](#) Hollis Lance Liebman,2016-09 This book features a comprehensive range of exercises for the whole body along with detailed anatomical drawings to show exactly which muscles are being worked during each exercise Whether you are interested in improving your sporting performance or toning specific parts of your body this format allows you to target your exercise routines to achieve the desired results To help you formulate an all round routine the book also includes workout routines that focus on improving performance in a number of popular sports as well as some to follow to help your body cope with particular stresses or build strength where it is lacking Page 12 **The Complete Practical Encyclopedia of Fitness Training** Andrew Wadsworth,2009 The benefits of personal health and fitness have been shown to lead not only to fat loss increased muscular strength and a more efficient circulatory system but also improved general wellbeing in all areas of everyday life This comprehensive practical book will show you step by step how to fight the flab strengthen and tone muscle and enjoy increased vitality and a more positive outlook on life no matter what your age or gender This accessible book explains clearly how to assess your current level of fitness and how and why you should set goals that will help you get the most from your workouts The main part of the book focuses on how to improve the strength and efficiency of your heart and lungs your cardiovascular system through all the most popular exercises sports and pastimes from basic walking through running and cycling to swimming and boxercise Then learn how to strengthen your body and develop the core muscle groups with the best and most effective resistance training exercises using dumbbells and fixed weight machines both at home or in the gym Getting fitter and stronger is also about learning to exercise safely using the correct techniques The book goes on to show you how to maintain flexibility and avoid injury as well as how best to fuel your body through the right nutrition not just for successful workouts but for a more active healthier lifestyle Lastly the book brings together all this valuable information into personal training plans These will enable you to tailor your training to your personal goals whether you simply want to

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