



# Anatomy for Strength and Fitness Training for Women

By Mark Vella

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**Anatomy for Strength and Fitness Training for Women** By Mark Vella

**See How Your Muscles Work Before You Work Your Muscles!**

*Anatomy for Strength and Fitness Training for Women* provides magnificent visual insight into what happens to your muscles when you exercise. You'll be able to isolate specific muscle groups and design the most targeted program possible.

*Anatomy for Strength and Fitness Training for Women* gives you:

- 100+ muscle-by-muscle illustrations for an inside look at how exercise affects your muscles
- 70+ exercises--ranging from free weights to machines to yoga and aerobics-- that will sculpt your entire body and will give you a sexy chest, toned arms and legs, slimmer hips, a strong back and shoulders, and flat abs
- Tips for good form to maximize safety and effectiveness
- Expert commentary on each exercise, covering everything from history to cautions and benefits
- Specific exercise programs for muscle tone and strength
- A difficulty rating for every exercise, ranging from beginner to advanced

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**Anatomy for Strength and Fitness Training for Women** By Mark Vella **Bibliography**

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### **Editorial Review**

#### **About the Author**

**Mark Vella** has been involved in the field of health and fitness for more than 15 years as a personal trainer, lifestyle counselor, and massage therapist.

### **Users Review**

#### **From reader reviews:**

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The book untitled Anatomy for Strength and Fitness Training for Women contain a lot of information on it. The writer explains your girlfriend idea with easy method. The language is very straightforward all the people, so do definitely not worry, you can easy to read the idea. The book was compiled by famous author. The author gives you in the new period of time of literary works. You can read this book because you can keep reading your smart phone, or model, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and also order it. Have a nice go through.

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