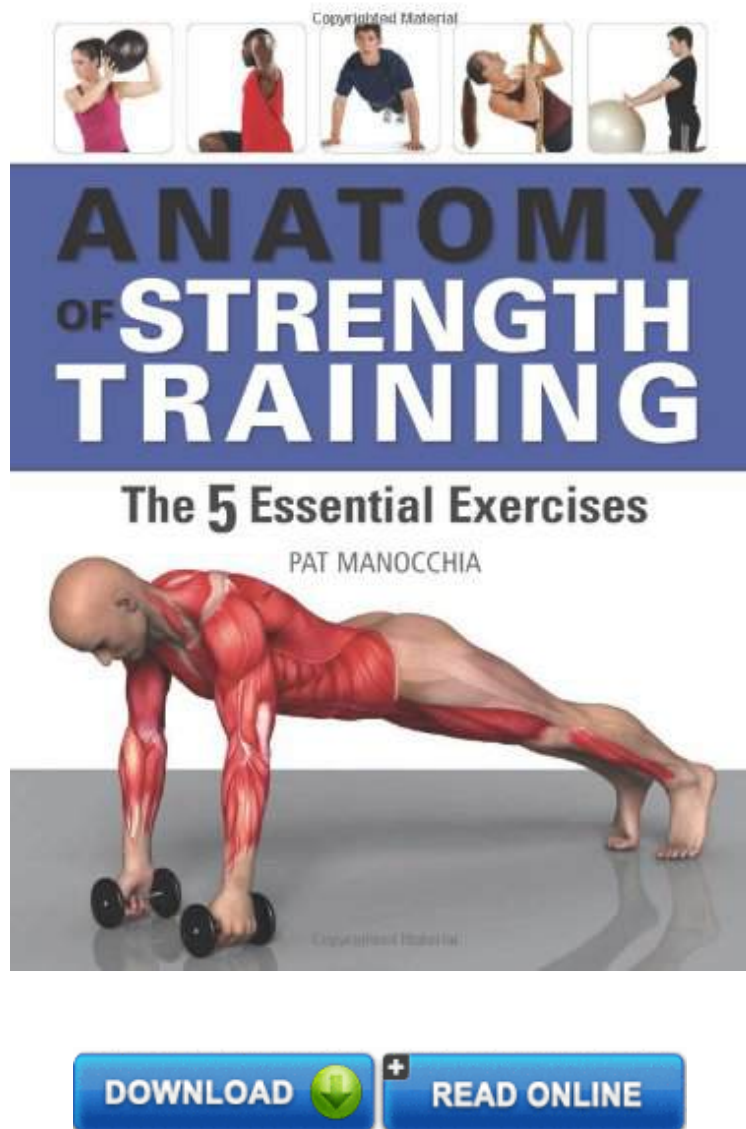


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Anatomy of Strength Training: The Five Essential Exercises

By Pat Manocchia

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By Pat Manocchia : Anatomy of Strength Training: The Five Essential Exercises even those with severe restrictions in their mobility should consider incorporating strength training and seated aerobic exercises resistance training is more important and far more effective than cardio for fat loss and is an essential part of your training program there are eight essential Anatomy of Strength Training: The Five Essential Exercises:

1 of 1 review helpful Great exercises complicated programs By Reem Great exercises with multiple variations with and without weights medicine ball props etc The book also has programs designed for weekly routines but the way they are prescribed are very difficult to decipher I don't get the tables and how they relate to exercise sequences and

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