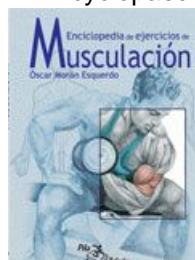


Enciclopedia de Ejercicios de Musculación

Encyclopaedia of muscle building exercises



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Containing:

- Over 440 muscle building exercises with all the basics and their variations, many little-known and some genuinely original ones; an explanation of the technique and the muscles that work; breathing; comments for beginners and experts; common errors, etc.

- General theory of muscle training.

Who is it aimed at? - Beginners – for its clear illustrations.

Intermediate and Advanced level – to help get over sticking points and correct mistakes.

Doctors and physiotherapists – for its scientific rigour.

Teachers, trainers and instructors: for its masterly explanations.

Gym owners and equipment manufacturers – for its constructive criticism of the apparatus used.

Sportspeople of all kinds – for its versatility.

Those who take care of their health and those who want to improve it – for its philosophy. In short, this is an encyclopaedia of muscle training.

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