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Fall 2015 Course Resource Guide

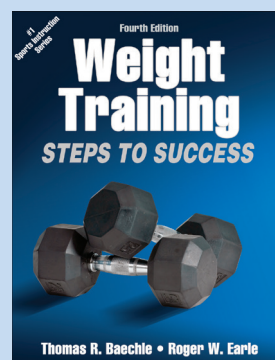
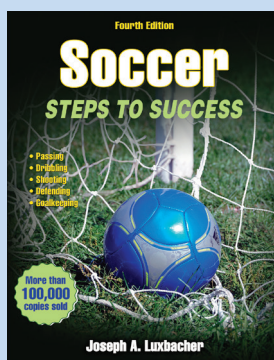
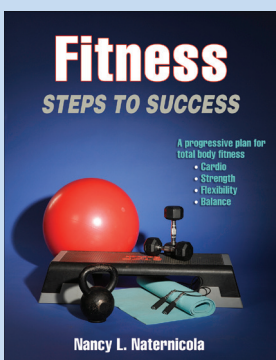
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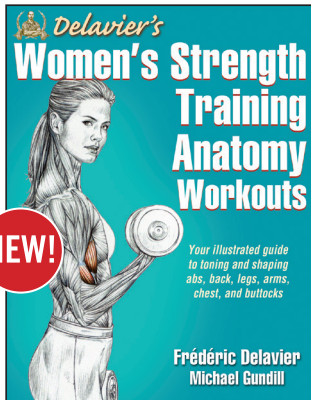
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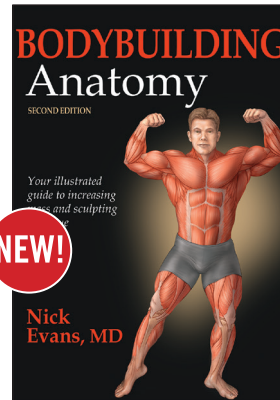
- Hundreds of detailed full-color illustrations
- Exercises, poses, stretches, and strokes revealed
- The easiest way for students to learn anatomy
- Beautiful artwork that is unique to each book



Best-selling author Frédéric Delavier presents *Delavier's Women's Strength Training Anatomy Workouts*, which delivers the exercises, programming, and advice your students and athletes need. Based on the anatomical features unique to women, this new guide sets the standard for women's strength training.

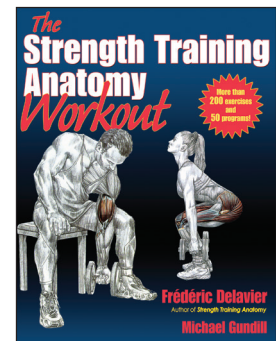
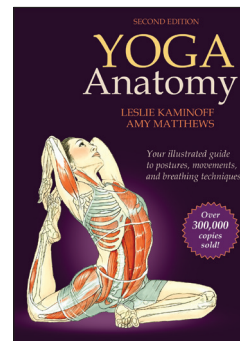
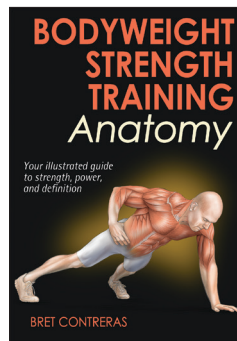
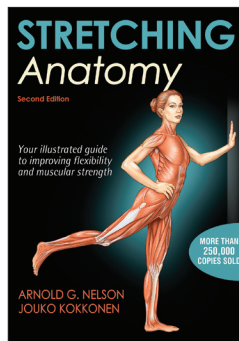
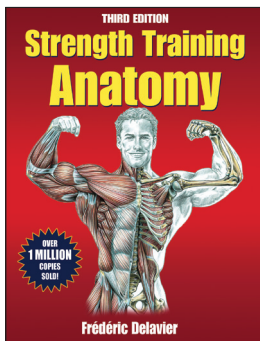
In this full-color book, 290 anatomical illustrations allow readers to see inside 157 exercises and 49 programs for strengthening, sculpting, and developing the arms, chest, back, shoulders, abs, legs,

and glutes. Step-by-step instructions ensure understanding of maximizing the efficiency of each exercise. Students and athletes will see how muscles interact with surrounding joints and skeletal structures and learn how variations of movements can isolate specific muscles and achieve targeted results.



With full-color, detailed anatomical illustrations of all exercises, combined with step-by-step instructions on proper execution, *Bodybuilding Anatomy* is the ideal resource for gaining mass and achieving definition. Focusing on the primary muscle groups of shoulders, chest, back, arms, legs, and abdomen and targeting muscle zones and hard-to-work areas, *Bodybuilding Anatomy* can make the difference between bulking up and sculpting an award-winning physique.

In this new edition, Dr. Nick Evans provides 100 primary exercises, along with 104 variations, to ensure students and athletes achieve the results they need when, where, and how they want. They will also go beyond the exercises to see the results in action. Illustrations of the activated muscles in the most popular poses show how each exercise is fundamentally linked to competition.



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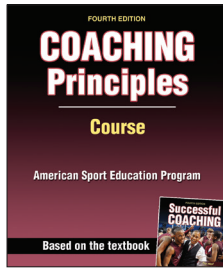
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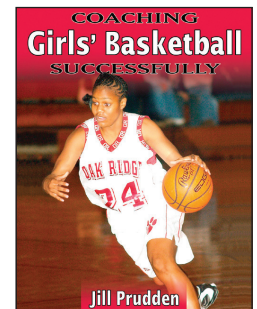
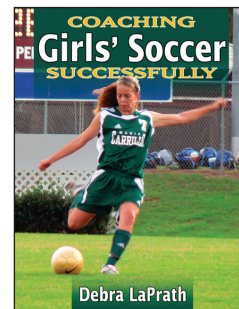
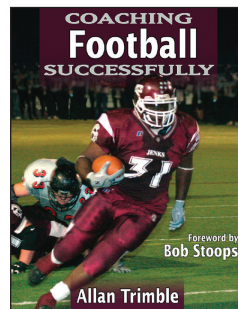
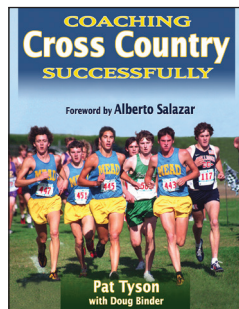
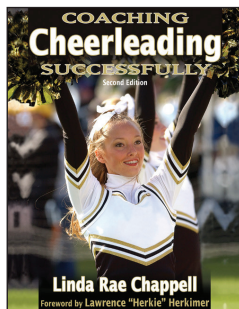
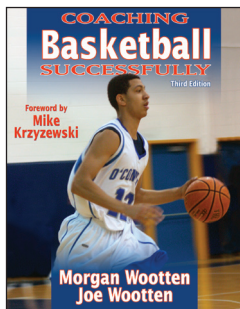
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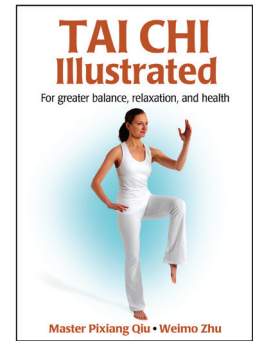
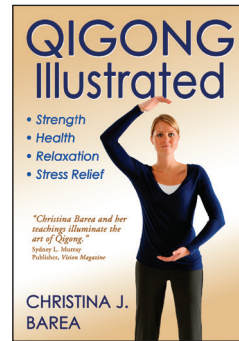
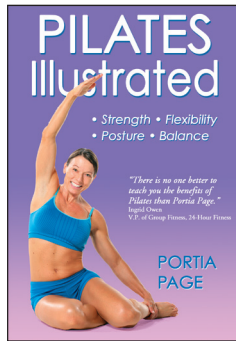
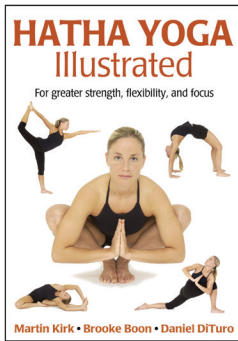
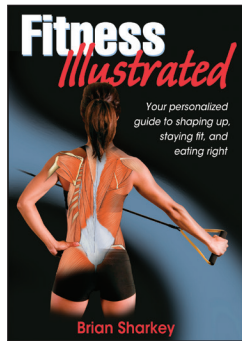
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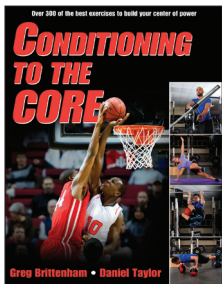
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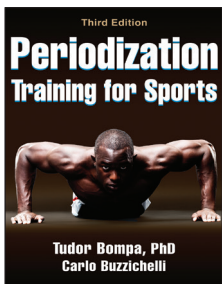
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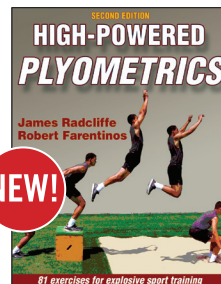
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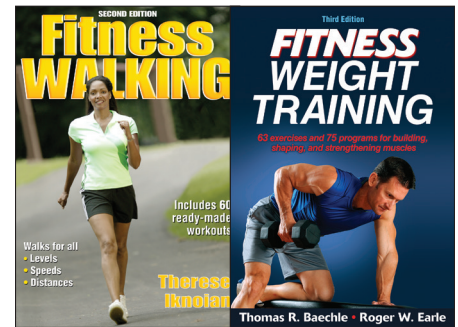
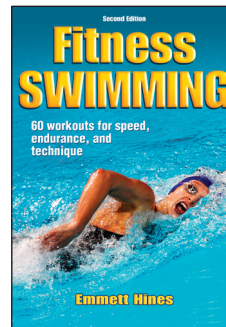
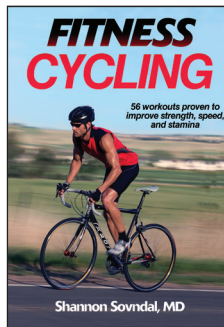
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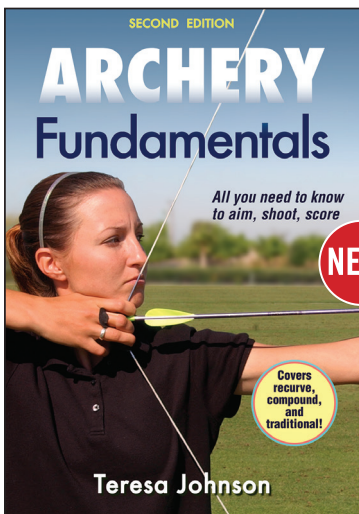
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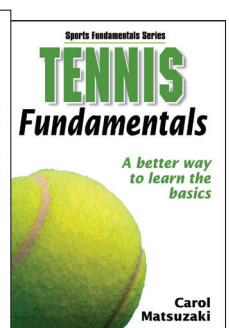
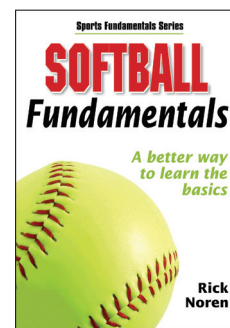
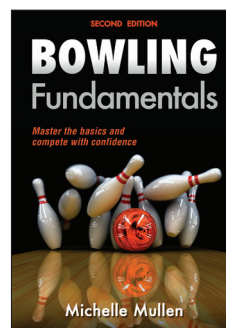
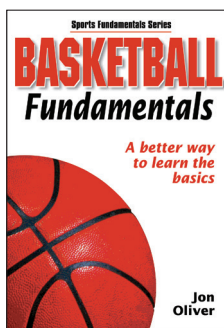
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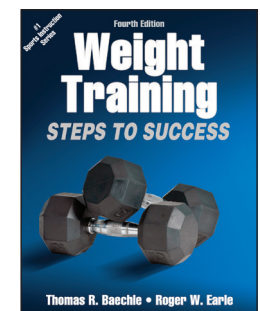
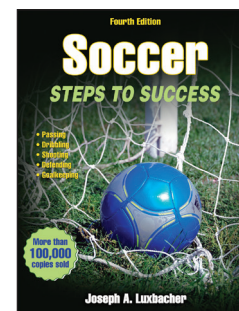
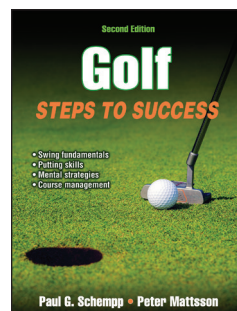
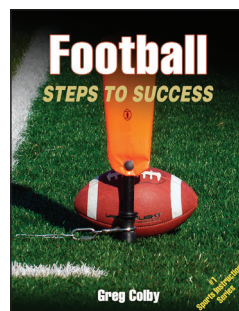
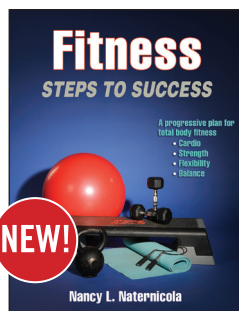
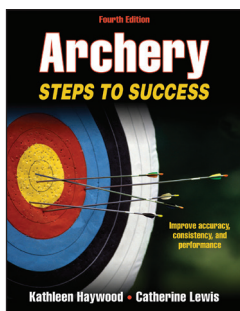
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*Soccer: IG*  
*Social Dance: IG*  
*Softball: IG*  
*Squash*

*Swimming: IG*  
*Table Tennis*  
*Tennis: IG*  
*Volleyball: IG*  
*Weight Training: IG*

**Blue color** denotes also available in e-book format. **IG** denotes instructor guide available. Visit [www.HumanKinetics.com/ancillary-materials](http://www.HumanKinetics.com/ancillary-materials) or ask your Human Kinetics sales associate for details.

If you have any questions, please feel free to contact your sales representative directly. They are happy to assist you in finding resources to specifically fit the needs of your course.

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