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Strength Training Anatomy 3 rd Edition is a great book to have around the house. Not only does this book do a great job of educating a person on the anatomy of the musculoskeletal system, but it also does a great job of providing a wide variety of excellent exercises (machines, free weights, and body weight exercises alike) that work specific muscle groups.

Book Review: Strength Training Anatomy 3rd Edition

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Strength Training Anatomy by Frédéric Delavier

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