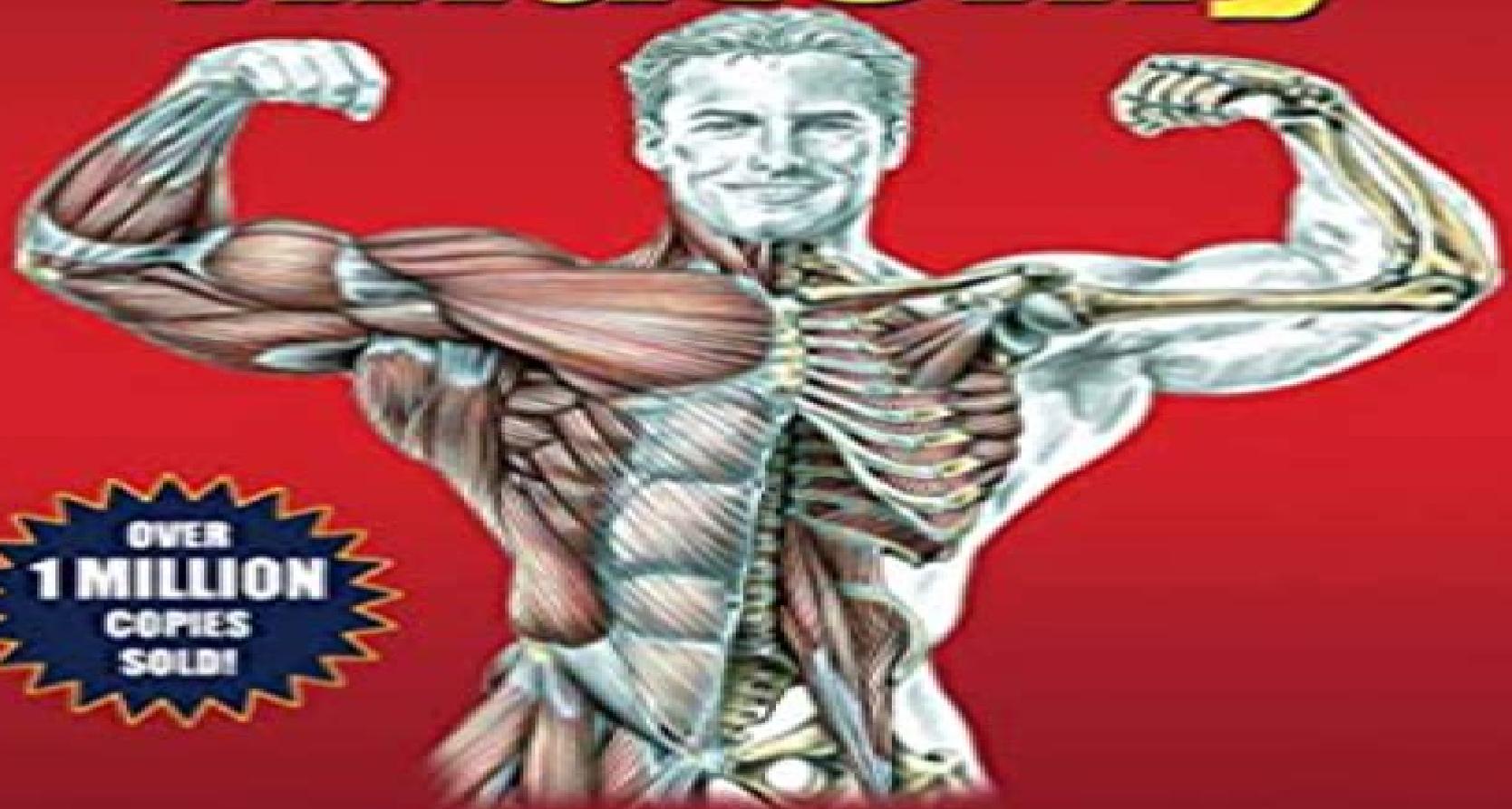


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Detailed anatomically correct display of essential back exercises *Hip and Pelvis Injuries in Sports Medicine* Carlos A. Guanche, 2012-03-28 Authored by the foremost experts in the field this comprehensive clinical reference covers the diagnosis and treatment of hip and pelvis injuries seen in sports medicine practices The book details the physical examination and radiology of the hip and pelvis and describes techniques for treating all the important problems encountered in athletes Of special note is the thorough coverage of problems that occur before a hip replacement is needed The book provides detailed information on hip intra articular disease along with all of the bony and soft tissue injuries around the hip joint Other conditions covered include stress fractures adductor injuries sports hernias and hamstring injuries Treatment methods described include both arthroscopic and open procedures The book is profusely illustrated and includes color throughout

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Delavier's Women's Strength Training Anatomy Workouts Delavier, Frédéric, Gundeill, Michael, 2014-09-23 Best selling author Frédéric Delavier introduces 42 programs for sculpting every region of the body Featuring 40 exercises targeted to the back shoulders abs buttocks legs arms and chest Delavier's Women's Strength Training Anatomy Workouts includes 171 photos and 442 remarkable anatomical illustrations **Strength Training Anatomy** Federic Delavier, 2016-08-01 Bodybuilding Anatomy Nick Evans, 2015-03-17 Sculpt your physique like you never thought possible 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 the definition you desire 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 of his best selling book Dr Nick Evans provides 100 primary exercises along with 104 variations to ensure you achieve the results you need when where and how you want You'll also go beyond the exercises to see the results in action Illustrations of the activated muscles in the most popular poses show you how each exercise is fundamentally linked to competition Whether you're seeking to begin your training or have been competing for years you've come to the right place Discover what countless bodybuilders and dedicated strength trainers already know Bodybuilding Anatomy is the ultimate training guide one you can't afford to be without *Functional Training Anatomy* Kevin Carr, Mary Kate Feit, 2021-02-08 Use functional training to better prepare for athletic competition The term functional training has been associated with a fair amount of controversy ever since it became part of the fitness training vernacular more than a decade ago In *Functional Training Anatomy* noted strength and conditioning specialists Kevin Carr and Mary Kate Feit cut through the clutter and misconceptions about functional training and cover all aspects of how to build a purposeful effective and efficient program that provides the strength stability and mobility you need to support your body in life and in sports Beginning with a clear definition of what functional training entails you will learn about the importance of mobility training and its impact on movement quality performance and injury reduction Use the warm up activities to prepare for high intensity activities Use the medicine ball and plyometric exercises to learn to produce and absorb force Develop power with Olympic lifts kettlebell swings and jumping exercises Improve strength in the upper body lower body and core with hip dominant knee dominant pushing pulling and core exercises See the inner workings of each of the exercises with superb full color illustrations that show the primary and secondary muscles and connective tissue being used The detailed instructions for these multiplanar and unilateral exercises ensure you execute each one correctly and safely The Functional Focus element shows how the exercises translate to specific activities whether that be an explosive athletic move or simply moving a box *Functional Training Anatomy* incorporates traditional and nontraditional exercises and mobility drills that will help you increase functional strength and reduce injury so your body is prepared to support the demands of athletic performance and daily

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