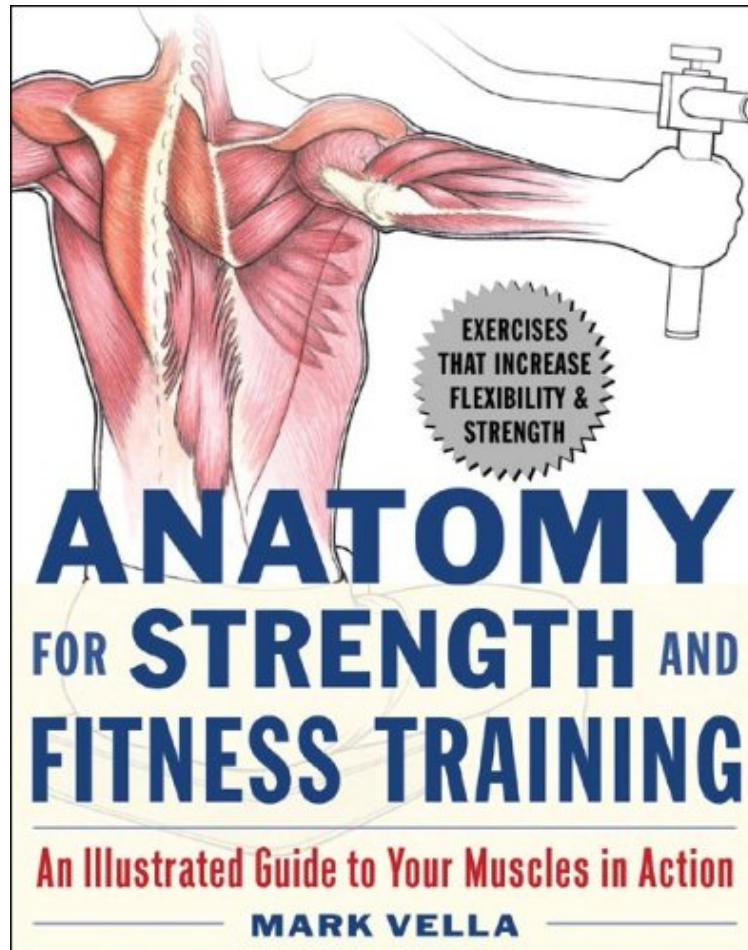


Anatomy for Strength and Fitness Training: An Illustrated Guide to Your Muscles in Action

Mark Vella

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Mark Vella : Anatomy for Strength and Fitness Training: An Illustrated Guide to Your Muscles in Action before purchasing it in order to gage whether or not it would be worth my time, and all praised Anatomy for Strength and Fitness Training: An Illustrated Guide to Your Muscles in Action:

4 of 4 people found the following review helpful. Indispensable book for trainersBy CharlotteWow. As a new personal fitness trainer, I was struggling the clarify which muscles are being strengthened or stretched with each movement. Vella's book makes my life so easy. It is clearly written, beautifully illustrated, very straight-forward and will be at my side for the remainder of my professional career. It's not only a terrific reference for professionals but I will be able to show my clients what's happening with their bodies -- thereby making their workouts more effective. Absolutely indispensable book for anyone in the bodywork or body training field. Thank you, Mr. Vella.29 of 30 people found the following review helpful. A must-have reference for those who care about fitnessBy Susanna HutchesonThe muscles

fascinate me. And when I plan my workouts, I like to plan them according to the needs of my muscles. For example, if my back is bothering me, I try and plan exercises that will soothe and strengthen my back muscles and not further injure them. If I want more strength in my upper body, I want to train the muscles that will help me accomplish this in the fastest, most efficient manner. That's why I find this book so helpful. The book shows you all of the muscles that a person uses in most all compound and isolated weight bearing exercises. Also you'll find the muscles used in yoga and stretching, fitness in general. So it's a book for everyone. Exercising without knowing what you're doing, what muscles you're working, is not a good idea. It's more fun and more productive when you understand what muscles you're working and exactly how to work them to get the most benefit. That's why you need this book. There are other books on muscular anatomy. But I find this one to be the best. You'll discover how often and for how long you'll need to workout to accomplish your own unique goals. You'll also learn how to deal with injuries. I was a bit surprised, however, that the book failed to give modifications for many of the exercises. Unfortunately, most books of this type have the same failing. I guess it's expected the reader will know the modifications. Fortunately, I do. I hope you do to. If not, you need to invest in a book that shows the different modifications for those with injuries or limitations. I suggest you read at least the first part of the book. Then you can skim the rest if you like. But carefully read the information about the muscles and exercises you're going to do. It's not a book you'll necessarily want to read cover to cover. And, you won't necessarily need to. But you will want to refer to it often. So always keep it handy. Keep in in your gym bag or your workout room and use it when planning your workouts for the week. The exercises in the book are mostly using your own body weight or simple free weights. Only a few use machines. So you can select the ones you want and for which you're equipped. This is an excellent reference and I highly recommend it to you. - Susanna K. Hutcherson

2 of 2 people found the following review helpful. Great photos, easy to understand
By Avid Reader
I use this book weekly. Recommending this book to all personal trainers and those that want to know how the body works when you work out and what muscles you use when doing certain exercises. Great photos, easy to understand. The book arrived in the condition it stated and arrived on time. I would look for more books by this author and purchase more books from this store.

Learn how your muscles work before you work your muscles Perfect for beginning and advanced fitness practitioners alike, this is an in-depth look into the most magnificent machine ever created--the human body. Using detailed anatomical illustrations, *Anatomy for Strength and Fitness Training* provides you visual insight into what happens to this organic machine during exercise--muscles and tendons working in concert to strengthen your body's building blocks. With a basic knowledge of how the body works, you can buff up your body with the book's 90 exercises, grouped by body region and involving gym machines, free weights, and body weight/stretching, as well as yoga and Pilates. Each exercise is vividly illustrated by a full-color anatomical illustration of the targeted muscles, together with instructions on execution and technique.

From the Back Cover
See How Your Muscles Work Before You Work Your Muscles! More than 200 full-color drawings pinpoint the muscle groups used during the most popular exercises
Anatomy for Strength and Fitness Training provides a magnificent visual insight into what happens to your muscles when you exercise. By understanding how your body responds to each movement, you'll be able to isolate specific muscle groups and design the most targeted program possible. Turn to *Anatomy for Strength and Fitness Training* for: 200+ muscle-by-muscle illustrations for an inside look at how exercise affects 70 different muscles 90+ exercises-ranging from free weights to machines to yoga and Pilates-that will sculpt your entire body and give you a buffer, more powerful and sexy chest, legs, hips, back, shoulders, arms, and abs
Tips for good form to maximize safety and effectiveness
Expert commentary on each exercise covering everything from history to cautions and benefits
Specific exercise programs for muscle tone and strength
A difficulty rating for every exercise ranging from beginner to advanced
A brief overview of anatomy, from anatomical definitions and terms to how to analyze an exercise
About the Author
Mark Vella has been involved in the field of health and fitness for more than 15 years as a personal trainer, lifestyle counselor, and massage therapist. He lectures to fitness professionals on a variety of health science topics. Dr. Nick Walters, an exercise physiologist with more than 20 years' experience, is the vice principal and head of research at the British College of Osteopathic Medicine in London.