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a great book to have
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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

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Anatomy &
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Training: The Five
Essential Exercises ...

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"Bodyweight Strength
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Bret Contreras (let's call
it 'Anatomy' for short).
This book is a collection
of bodyweight exercises
organized by muscle
region (arms, chest, back,

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glutes, etc.). Each exercise is beautifully illustrated to show the specific muscles involved.

Bodyweight Strength
Training Anatomy:
Contreras, Bret ...
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Summary: The title of
this book is Strength
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