



Strength Training for the Arms Poster

Frederic Delavier

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Using the same masterful anatomical artwork that is featured in the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books, the *Strength Training Anatomy poster series* consists of seven full-color posters that fully illustrate every major muscle group.

This region-specific poster, the *Arms Poster*, presents nine exercise illustrations.

- Alternate curls
- Hammer curls
- Preacher curls
- Underhand barbell curls
- Standing one-arm dumbbell triceps extension
- Triceps extensions on a bench
- Overhand push-downs
- Reverse curls
- Wrist curls

Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every arm workout.

Individual poster size: 24" x 31" (60 x 80 cm).

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From reader reviews:

Ronnie Hamilton:

People live in this new moment of lifestyle always make an effort to and must have the extra time or they will get lots of stress from both way of life and work. So , once we ask do people have time, we will say absolutely sure. People is human not just a robot. Then we ask again, what kind of activity do you possess when the spare time coming to a person of course your answer may unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, typically the book you have read will be Strength Training for the Arms Poster.

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