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Strength Training for the Back 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 *Back Poster,* presents nine exercise illustrations.

-Dumbbell shrugs with rotation

-Upright rows with hands spread

-One-arm dumbbell rows

-Back lat pull-downs

-Chin-ups

-Seated rows

-Bent rows

-Good mornings

-Back extension

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 back workout.

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

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From reader reviews:

Susan Preuss:

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