



Muscle Exercises Encyclopedia

By Oscar Moran, Isabel Arechabala

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Any beginner starting a program of workouts will be concerned to know how to do the exercises involved to achieve his or her goals. *Muscle Exercises Encyclopedia* is intended as a work of reference for the beginner, the advanced athlete, the enthusiast, or the fitness professional, whatever the users level.

This book contains over 440 exercises with comments and illustrations based on empirical know-how and scientific research are described. It includes all the basic and numerous less common exercises with comments and illustrations.

Muscle Exercises Encyclopedia is an authentic encyclopedia of exercises and biomechanical information, but the language used is easily comprehensible at all times.

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Editorial Review

About the Author

Oscar Moran is a professor of Physical Education, a national weightlifting and bodybuilding trainer, fitness sports technician, sports nutrition technician and an expert in martial arts. He has been a member of the board at the International Federation of Physical Education and has published several books and dozens of articles in specialized magazines. Isabel Arechabala has a Bachelor's Degree in Fine Arts from the the Complutense Faculty of Madrid. Since 1982, she has been working in the fields of illustration and graphic design. She successfully combines her work as an illustrator/graphic designer and her job as a professor of illustration and computer graphic design.

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