



# 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:**

#### **Helen Woodyard:**

Spent a free the perfect time to be fun activity to do! A lot of people spent their leisure time with their family, or their own friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Can be reading a book could be option to fill your free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the book untitled Strength Training for the Arms Poster can be good book to read. May be it might be best activity to you.

#### **Wendy Poston:**

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#### **Sandra Bryson:**

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#### **Anne Shivers:**

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