



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:

Annie Boyd:

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