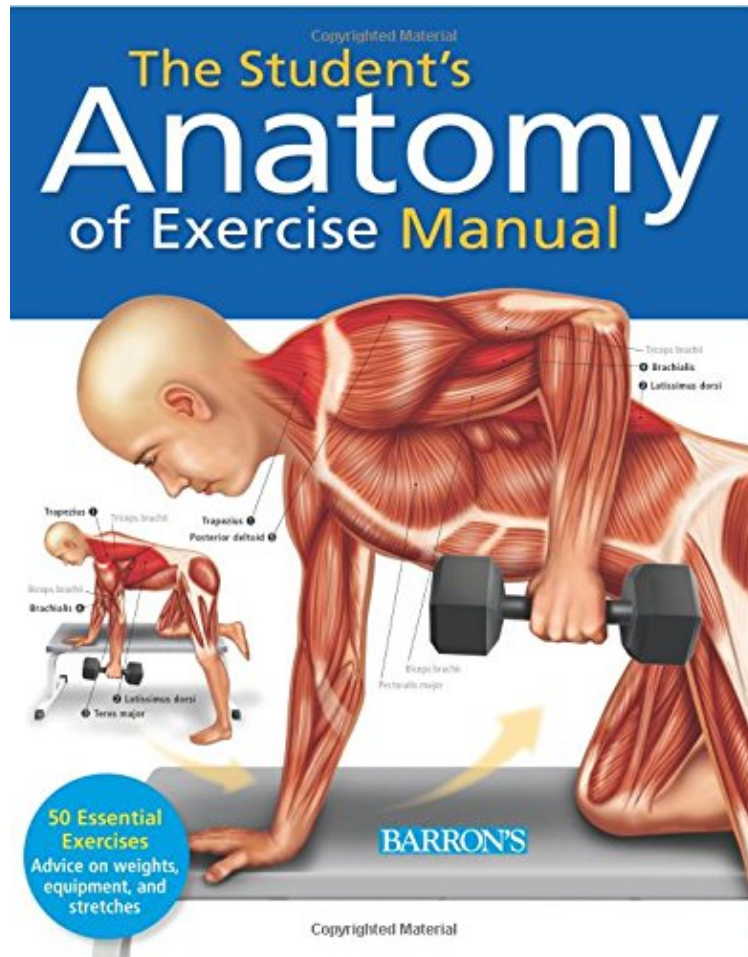


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# The Student's Anatomy of Exercise Manual: 50 Essential Exercises Including Weights, Stretches, and Cardio

Ken Ashwell Ph.D.

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page workbook section with line illustrations of the muscular system Health and fitness students are advised to use the workbook by shading the various parts of the muscular system with colored pencils as an aid to memorizing locations of muscles. Visualizing and understanding which muscles are activated during exercise helps to improve the effectiveness of workout and rehabilitation routines. Full-color illustrations throughout.