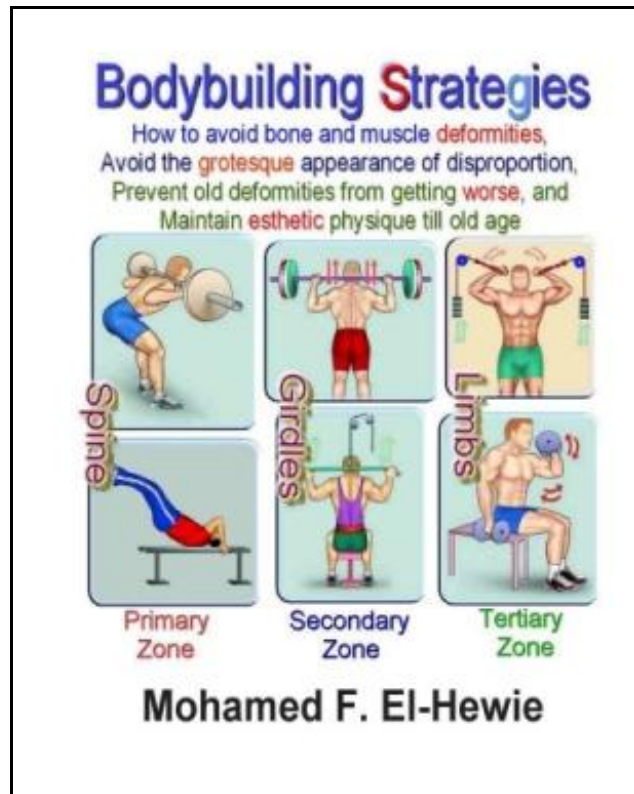


Bodybuilding Strategies (Paperback)



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

BODYBUILDING STRATEGIES (PAPERBACK)



Createspace, United States, 2011. Paperback. Book Condition: New. 254 x 202 mm. Language: English . Brand New Book ***** Print on Demand *****.The book introduces a prioritization scheme of choosing bodybuilding exercises during every training session with the main focus on BONE INTEGRITY and FUNCTIONAL BALANCE. Exercising every region in your body in every training session is a skill and art that you must master if you are serious about living long and healthy life. You can train every muscle every day, within reasonable training time, and at reasonable energy expenditure. Thinking spinal, thinking axial, and making your bone frame the focus of your physical activities will promote you soft tissues to thrive in a healthy system. Of those, your heart, lungs, and brain will thank you for your judicial planning of your resistance training routines. CHAPTER 1: THE MUSCULOSKELETAL SYSTEM 1.1. THE SHORT CUT TO BUILD MUSCLES AND DEFORM YOUR BONE FRAME 1.2. THE KEY TO BONE INTEGRITY AND FUNCTIONAL BALANCE 1.3. THE SKELETON 1.4. MAJOR SKELETAL MUSCLES 1.5. ANTHROPOMETRY AND BIOMECHANICS 1.6. MUSCULAR TORQUE DURING LIFTING 1.7. KNEE EXTENSORS 1.8. HIP FLEXION 1.9. THE HIP ABDUCTORS 1.10. THE HIP ADDUCTORS 1.11. THE FEET BALANCERS 1.12. TRUNK EXTENSORS 1.13. THE SHOOTERS 1.14. THE ARM PULLERS 1.15. THE PRESSORS 1.16. THE HOOK MUSCLE 1.17. THE ARM RAISERS AND DEPRESSORS 1.18. MUSCULAR IMBALANCE 1.19. POWER BOOSTING MODALITIES CHAPTER 2: WARM-UP STRETCHING 2.1. INTRODUCTION 2.2. TRAPEZIUS STRETCHING 2.3. ASYMMETRIC SPINAL STRETCHING 2.4. SYMMETRIC SPINAL STRETCHING 2.5. IMPULSIVE, SYMMETRIC STRETCHING OF PELVIC AND SPINAL JOINTS 2.6. STATIC, ASYMMETRIC PELVIC STRETCHING 2.7. STATIC, SYMMETRIC STRETCHING OF KNEES AND ANKLES 2.8. STATIC, ASYMMETRIC STRETCHING OF LEGS 2.9. STRETCHING WITH LIGHT WEIGHTS CHAPTER 3: BODYBUILDING BASICS 3.1. ESSENCE OF BODYBUILDING 3.2. JUDGING CRITERIA 3.3. BODYBUILDING DIET 3.4. ANABOLIC STEROIDS 3.5. MUSCULAR ACTIONS 3.6. STRENGTHENING ELBOW FLEXORS...



[Read Bodybuilding Strategies \(Paperback\) Online](#)

[Download PDF Bodybuilding Strategies \(Paperback\)](#)

You May Also Like



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Read ePub »](#)



The Old Peabody Pew. by Kate Douglas Wiggin (Children s Classics) (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin (September 28, 1856 August 24, 1923) was...

[Read ePub »](#)



Adult Coloring Book Birds: Advanced Realistic Bird Coloring Book for Adults (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced...

[Read ePub »](#)



Adult Coloring Books Reptiles: A Realistic Adult Coloring Book of Lizards, Snakes and Other Reptiles (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced...

[Read ePub »](#)



Nautical Coloring Book: An Advanced Adult Coloring Book of Nautical, Maritime and Seaside Scenes (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced...

[Read ePub »](#)