



# Strength Training Anatomy Package 3rd Edition With DVD

*Frederic Delavier*

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Now the top-selling book on strength training anatomy comes with the leading software in interactive anatomy to create an impressive package.

*Strength Training Anatomy, Third Edition*, offers the most compelling artwork ever applied to the strength training category and returns with more illustrations and techniques for safely building muscle. Strength and fitness enthusiasts worldwide have discovered the benefits of having X-rays of hundreds of exercises, pinpointing the direct anatomical benefits of each one.

Like the bestselling second edition, the book provides an intricate look at strength training from the inside out. Not only does *Strength Training Anatomy, Third Edition*, demonstrate exercises for the entire body and showcase the muscles used, but it also delineates how these muscles interact with joints, bones, and connective tissue. The updated edition features 48 additional pages, 12 new exercises, and 18 stretches. Loaded with more than 600 full-color illustrations, this edition also contains new information on common strength training injuries and preventive measures for each.

Accompanying the book in this package is the Primal Pictures DVD-ROM, Essentials of Interactive Functional Anatomy. This learning tool features a complete high-resolution 3-D model of the human musculature and allows the user to remove anatomical structures layer by layer, through 11 layers (from muscles to bone), with a unique strip-away technique. Views of any specific structure on the screen can be rotated 360 degrees and highlighted to view accompanying text about the selected muscle. Additionally, the DVD-ROM includes 34 animations showing clinical muscular function and providing users with a sense of the movement around joints. Four live-action video clips allow for observation of muscle actions during walking, standing from a sitting position, push-ups, and sit-ups.

### **Minimum System Requirements**

DVD-ROM drive

Operating systems:

Microsoft XP, Vista, Windows 7

Mac (Intel) OSX 10.4, 10.5, and 10.6

Processor speed: 1.5 GHz with 512 MB of RAM

Disk space: 200 MB for all platforms

Screen display: 1024 x 768 screen

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#### **Pamela Steele:**

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