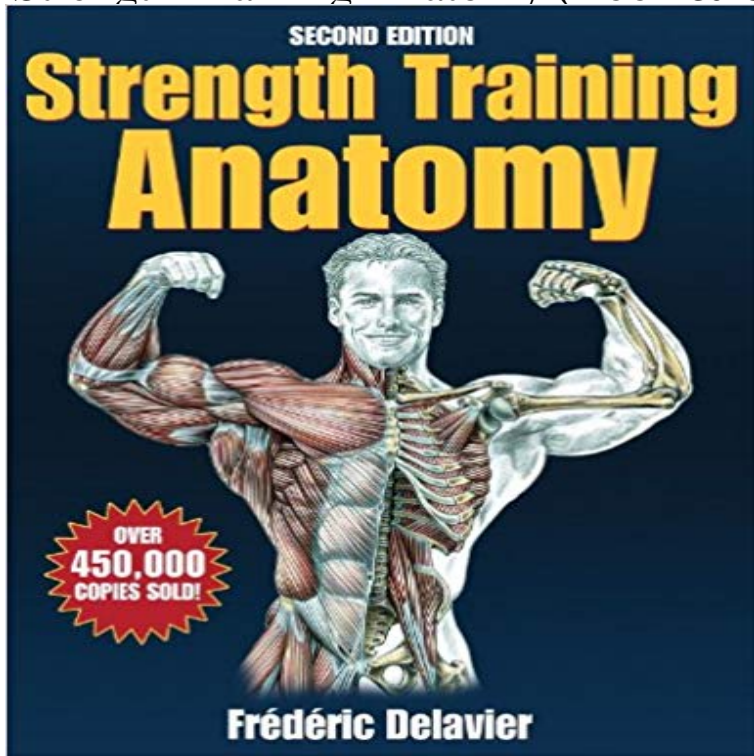


## Strength Training Anatomy (Book & CD-ROM)



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, Second 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. Stunning, interactive anatomical images are also now provided via Primal Pictures software program Essentials of Interactive Functional Anatomy (IFA Essentials) that is bound into this packaged version of the second edition. This learning tool allows the user to view the entire human body and remove anatomical structures layer by layer, through 11 layers (from skin to bone), with a unique strip-away technique. Views of any specific structure on the screen can be rotated up to 360 degrees and stopped at any point for viewing or exported for presentations. Additionally, the live-action video option allows for observation of muscle actions during walking, standing from a sitting position, and other activities such as push-ups and sit-ups. A zoom control allows the user to zoom in for a closer look at specific details or zoom out for overall views of any structure. Every structure has related text to further define the structure being viewed. IFA Essentials includes descriptions and images of bones, ligaments, muscles, tendons, retinacula, capsules, cartilage, discs, membranes, and other miscellaneous structures. Also provided is information regarding proximal and distal attachments, nerve innervation, blood supply, and primary and secondary actions. The CD-ROM includes 34 animations and four gross motor movements each of which can be viewed from four different angles showing muscle

function and providing users with a strong sense of the movement around joints. To reinforce the content, IFA Essentials also offers an interactive quiz. Users can select the level of difficulty and number of quiz questions. Then, using a multiple-choice format, they identify or locate various structures on the model. IFA Essentials provides excellent learning opportunities for students of human anatomy, kinesiology, and biomechanics. Like the bestselling first edition, the book provides an intricate look at strength training from the inside out. Not only does Strength Training Anatomy, Second 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. Chapters are devoted to each major muscle group, with 115 total exercises for arms, shoulders, chest, back, legs, buttocks, and abdomen. Loaded with more than 400 full-color illustrations, this edition also contains new information on common strength training injuries and preventive measures for each.

**System Requirements**  
Windows-Windows 98/2000/ME/XP-Pentium processor or higher-At least 32 MB RAM-Monitor set to 800 x 600 or greater-High-color display  
Macintosh-Power Mac-System 8.6/9/OSX-At least 64 MB RAM-Monitor set to 800 x 600 or greater-Monitor set to thousands of colors

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