



# **Freeweight Training Anatomy: An Illustrated Guide to the Muscles Used while Exercising with Dumbbells, Barbells, and Kettlebells and more**

*Ryan George*

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**100 STEP-BY-STEP EXERCISE PHOTOS AND 100 COLOR ANATOMY ILLUSTRATIONS COMBINE TO CREATE A HELPFUL, INFORMATIVE GUIDE FOR MAXIMIZING YOUR STRENGTH TRAINING RESULTS**

Picturing hundreds of step-by-step exercises and clearly colored muscle illustrations, *Freeweight Training Anatomy* reveals precisely which muscle groups are being built, stretched and sculpted in every workout. This extensive anatomy and fitness guide is the ultimate resource for creating smart, balanced fitness routines that employ barbells, dumbbells, kettlebells, sandbags and even your own body weight.

- **Isolate and exercise hard-to-sculpt muscles**
- **Revolutionize your routine with unconventional weights**
- **Add hardcore combination moves for a full-body workout**

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