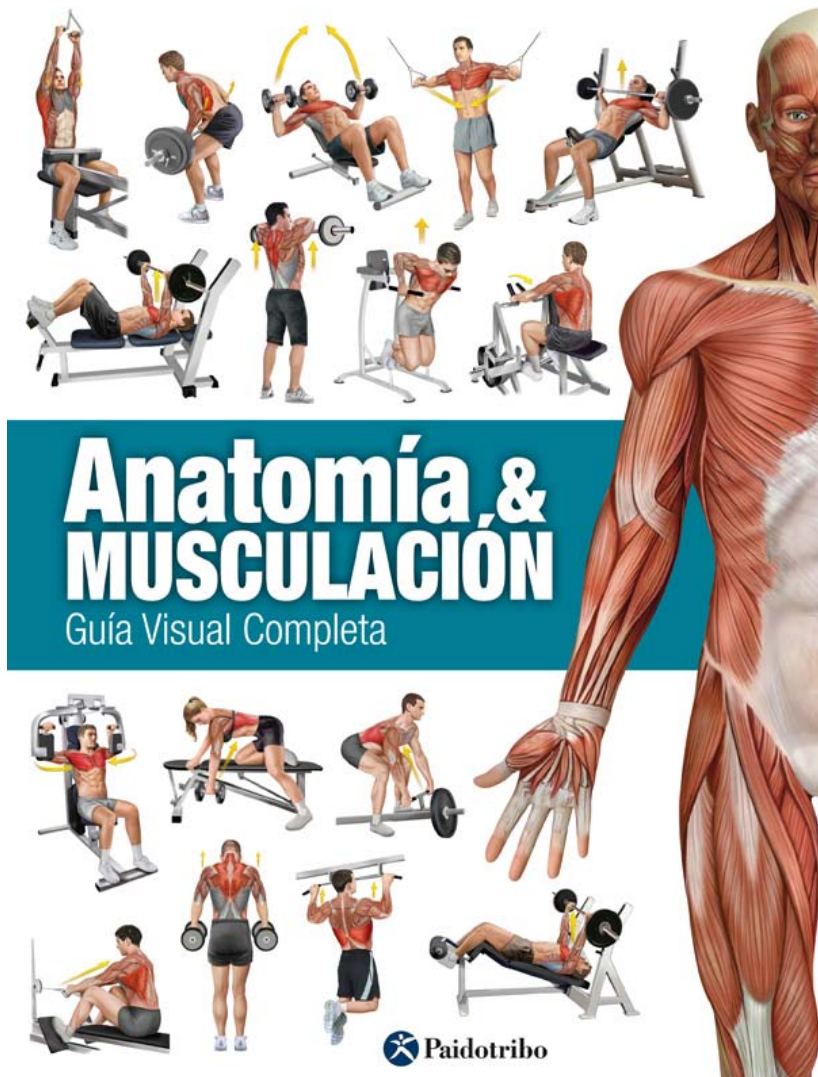


Anatomy & Bodybuilding



SPECIFICATIONS

- | Format: 210 x 275 mm
- | Pages: 128
- | Illustrations: more than 150
- | Text: 160.000 characters

SALES POINTS

| This book explains to most effectively exercise different parts of the body developing strength, flexibility and a defined musculature.

| Each part of the body is introduced with a series of illustrations focusing on the particular area in an in-depth exploration from the major to lesser-known muscles. This content is supplemented by specific diagrams of the muscles at work, clearly displaying their interconnections, origins and attachments.

| Key information is imparted via precise illustrations, showing the correct technique for each type of exercise. It also provides a breakdown of how each muscle functions –the worker (agonist), the helper (synergist), the stretcher (antagonist) and their attachments.

| Each exercise is also rated on its benefits to the muscle during workout, pointing out frequent errors and how to best avoid them.

TARGET

| Those interested in toning their body, understanding how muscles work and how to correctly realize key body-building exercises.

| For sportspeople who wish to learn more about muscles in action.

| Anyone studying to work in a profession closely related to sports who wish to learn about muscle anatomy.

PARRAMÓN PAIDOTRIBO



WHAT THE BOOK IS ABOUT

| This book examines muscle functions through the use of exercise to maintain a strong, elastic and flexible musculature.

| It focuses on the most important muscles of the back, shoulder, abdomen, arms and legs, with special sections dedicated to pectorals and the gluteus maximus.

| There are also hints and tips on how to perform exercises correctly, efficiently and safely.

| It is a comprehensive visual representation and study on how the muscles behave and activate.

ABOUT THE AUTHOR

| The book is authored by Dr. Ricardo Cánovas Linares, who majored in medicine and surgery at Universidad de Barcelona.

| He is a member of the US-based organization National Academy of Sports Medicine and lecturer at the Universidad Intenacional de Cataluña.

| A black-belt karate teacher, he competed in the 1982 Spanish Championships. He also coached the Catalunya karate team from 1982 to 1987.

CONTENTS

Introduction

How to use this book

Strength training

Atlas of musculature

Planes of motion

Pectorals

Back

 Trapezius

 Latissimus dorsi

 External abdominal oblique

Shoulder

 Anterior deltoids

 Medial deltoids

 Posterior deltoids

Arms

 Biceps

 Triceps

 The forearm

Legs

 Quadriceps

 Ischiotibials

 Gastrocnemius muscle

 Soleus

 Abductor muscles

 Adductor muscles

Gluteus maximus

Abdominals

Rectus abdominus

Internal abdominal oblique muscle

Obliques

Glossary

Bibliography

Author and collaborators

USO DEL LIBRO

- Agonista: músculo que trabaja (se contrae).
- Sinergista: músculo que ayuda al que trabaja.
- Antagonista: músculo que estira.
- Zona fijadora: punto de apoyo al movimiento.

Los músculos protagonistas

Identificación del ejercicio

Zona corporal	Músculo	Tipo de ejercicio	Nombre del ejercicio
ESPALDA	Dorsal ancho / Músculo brachio		Remo horizontal con barra

Nivel de activación muscular

Indicaciones complementarias

Dirección del movimiento

Descripción del ejercicio

Ejercicios alternativos

STOP Corrige un error frecuente: advertencias para corregir errores que se repiten con frecuencia.

PRECAUCIÓN Indicaciones preventivas.

MITOS aclaraciones sobre falsas creencias

Los consejos del entrenador

Realización del ejercicio

Músculos	Dorsal ancho	ESPALDA

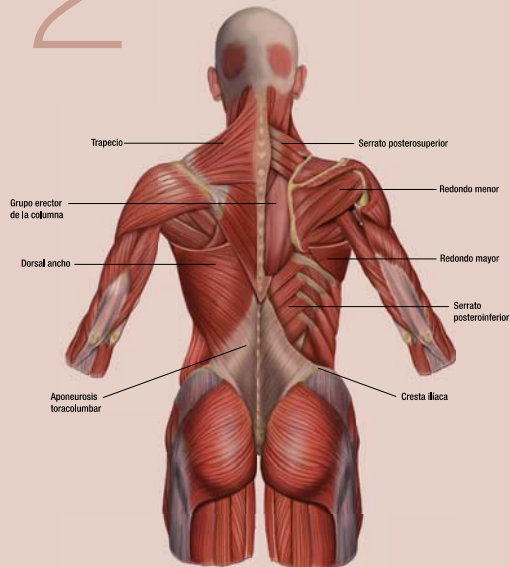
Los consejos del entrenador

Músculos protagonistas

Indicaciones sobre el ejercicio alternativo

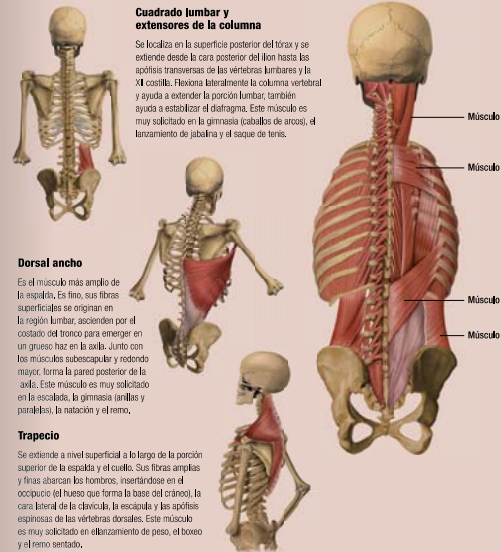


2 Espalda



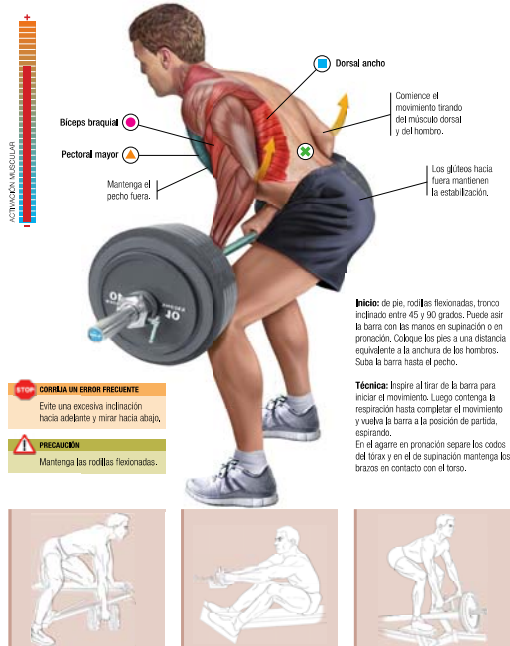
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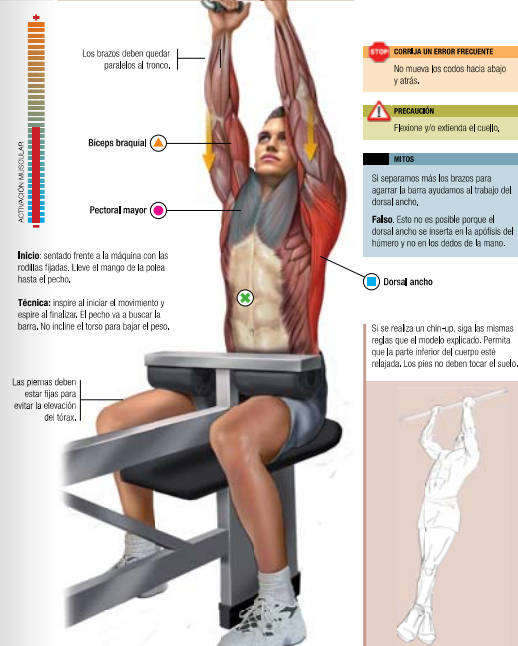
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ESPALDA / Dorsal ancho / Musculación / Remo horizontal con barra



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Musculación / Dorsal ancho / Polea al pecho / ESPALDA



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