

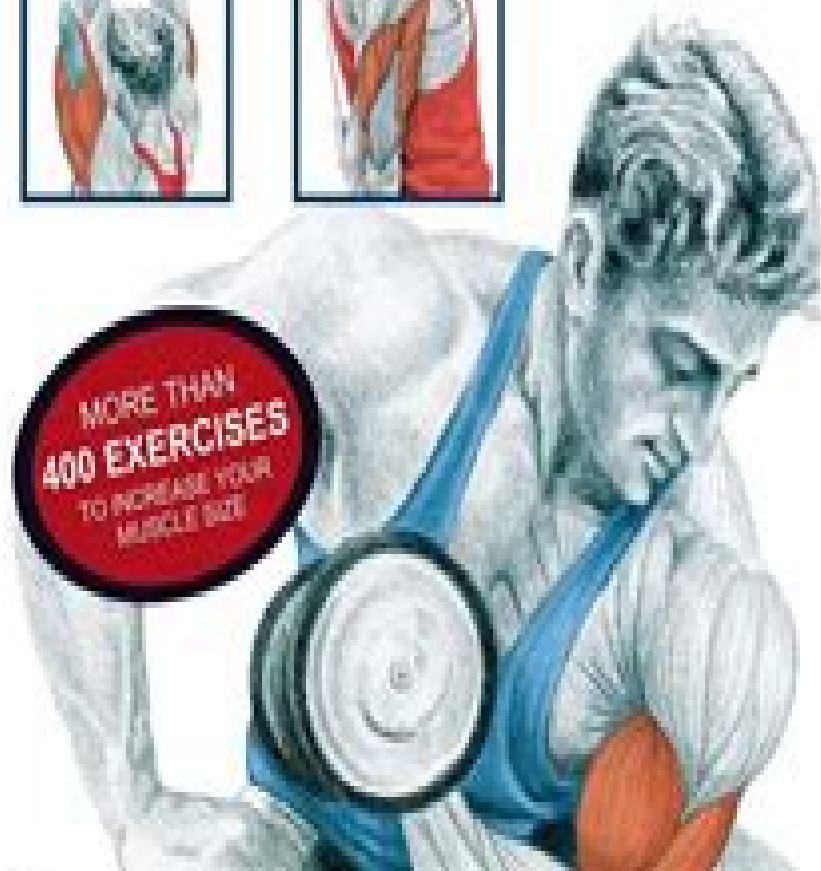
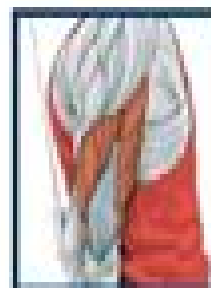
This Encyclopedia is intended as a work of reference both for the beginner and the advanced athlete, for the enthusiast or the fitness professional, whatever the user's level.

The book describes over 400 exercises with comments and illustrations based on empirical knowledge and scientific research. It includes all of the basic and numerous less common exercises with comments and anatomic illustrations. It is thus an authentic encyclopedia of exercises and biomechanical information, but the language used is easily comprehensible at all times.



Óscar Morán & Isabel Arechabala (Illustr.)

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