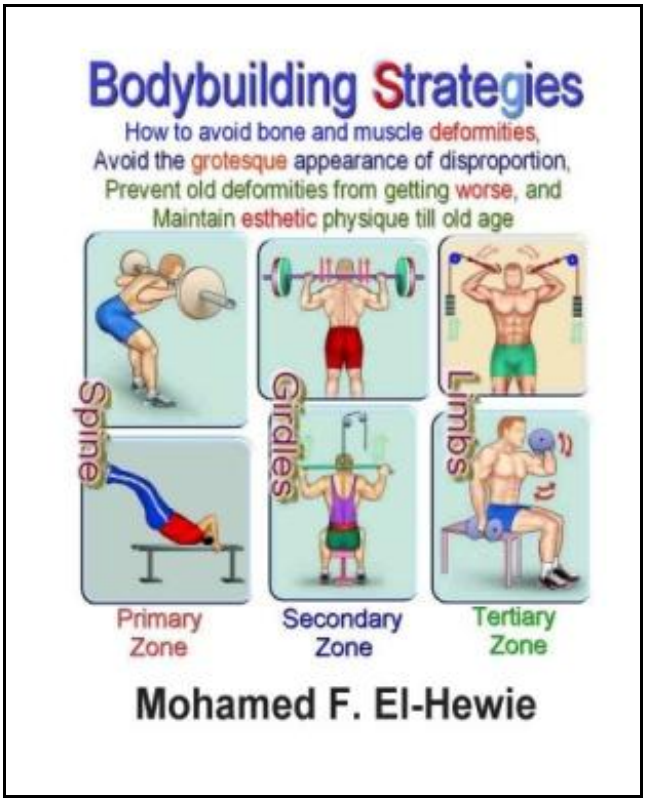
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Createspace, United States, 2011. Paperback. Book Condition: New. 254 x 202 mm. Language: English . Brand New Book ***** Print on Demand *****.The book introduces a prioritization scheme of choosing bodybuilding exercises during every training session with the main focus on BONE INTEGRITY and FUNCTIONAL BALANCE. Exercising every region in your body in every training session is a skill and art that you must master if you are serious about living long and healthy life. You can train every muscle every day, within reasonable training time, and at reasonable energy expenditure. Thinking spinal, thinking axial, and making your bone frame the focus of your physical activities will promote you soft tissues to thrive in a healthy system. Of those, your heart, lungs, and brain will thank you for your judicial planning of your resistance training routines. CHAPTER 1: THE MUSCULOSKELETAL SYSTEM 1.1. THE SHORT CUT TO BUILD MUSCLES AND DEFORM YOUR BONE FRAME 1.2. THE KEY TO BONE INTEGRITY AND FUNCTIONAL BALANCE 1.3. THE SKELETON 1.4. MAJOR SKELETAL MUSCLES 1.5. ANTHROPOMETRY AND BIOMECHANICS 1.6. MUSCULAR TORQUE DURING LIFTING 1.7. KNEE EXTENSORS 1.8. HIP FLEXION 1.9. THE HIP ABDUCTORS 1.10. THE HIP ADDUCTORS 1.11. THE FEET BALANCERS 1.12. TORSO EXTENSORS 1.13. THE SHOOTERS 1.14. THE ARM PULLERS 1.15. THE PRESSORS 1.16. THE HOOK MUSCLE 1.17. THE ARM RAISERS AND DEPRESSORS 1.18. MUSCULAR IMBALANCE 1.19. POWER BOOSTING MODALITIES CHAPTER 2: WARM-UP STRETCHING 2.1. INTRODUCTION 2.2. TRAPEZIUS STRETCHING 2.3. ASYMMETRIC SPINAL STRETCHING 2.4. SYMMETRIC SPINAL STRETCHING 2.5. IMPULSIVE, SYMMETRIC STRETCHING OF PELVIC AND SPINAL JOINTS 2.6. STATIC, ASYMMETRIC PELVIC STRETCHING 2.7. STATIC, SYMMETRIC STRETCHING OF KNEES AND ANKLES 2.8. STATIC, ASYMMETRIC STRETCHING OF LEGS 2.9. STRETCHING WITH LIGHT WEIGHTS CHAPTER 3: BODYBUILDING BASICS 3.1. ESSENCE OF BODYBUILDING 3.2. JUDGING CRITERIA 3.3. BODYBUILDING DIET 3.4. ANABOLIC STEROIDS 3.5. MUSCULAR ACTIONS 3.6. STRENGTHENING ELBOW FLEXORS...

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