

ENCYCLOPEDIA OF EXERCISE ANATOMY

HOLLIS LANCE LIEBMAN

The series' illustrations show clearly which muscles are engaged in each exercise, what it is designed to accomplish and the precise interaction of the adjacent muscles. Comprehensive, informative and faithful to the best-selling format, *Encyclopedia of Exercise Anatomy* features:

- 50 Sport-specific workouts
- 14 Functional workouts (e.g., Healthy Back, Belly Buster)
- 50 Upper body exercises
- 25 Lower body exercises
- 17 Core exercises
- 25 Stretches
- 6 Pregnancy stretches
- Full-color photographs of exercises
- Anatomical illustrations that highlight muscles used
- Two upper body and two lower body annotated anatomy illustrations
- Visual identification of active and stabilizing muscles
- Variations for beginner to advanced athletes
- "Best For" advice
- Step-by-step instructions
- Performance and safety tips

Encyclopedia of Exercise Anatomy assembles exemplary content from the nine titles in one place for easy use. For anyone involved in fitness and sport personally, professionally or academically, it is an ideal resource that will prove indispensable throughout a career and over a lifetime of healthy living. An exceptional value, it is essential for all libraries, retailers, athletic facilities and schools.

Review of *Anatomy of Exercise:
A Trainer's Inside Guide to Your Workout:*

"This book would be useful for anyone interested in enhancing their fitness routine as well as fitness instructors who want to visually show their customers the benefits of each exercise ... recommended to medium-sized and large public libraries as well as high school and undergraduate collections." —*American Reference Book Annual*



Encyclopedia of Exercise Anatomy

Hollis Lance Liebman

392 pages

9 x 11

full color throughout, glossary of exercise terms, Latin glossary, visual index

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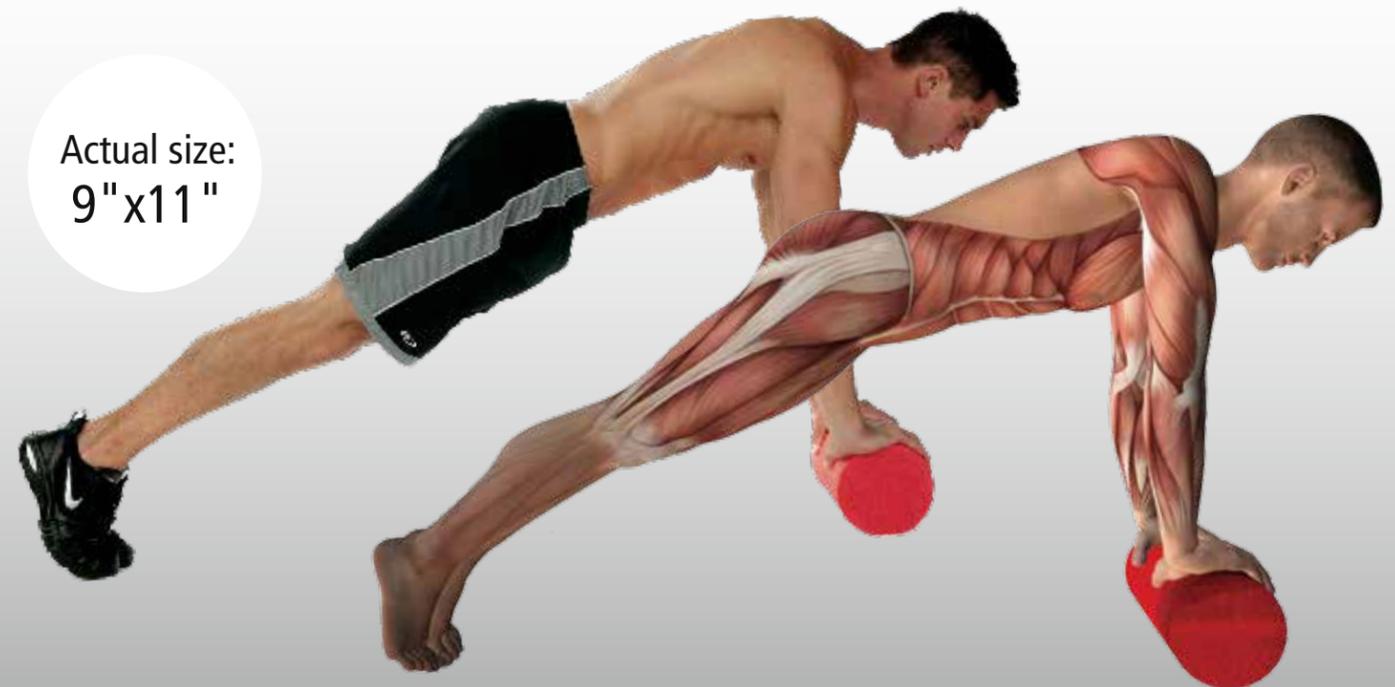
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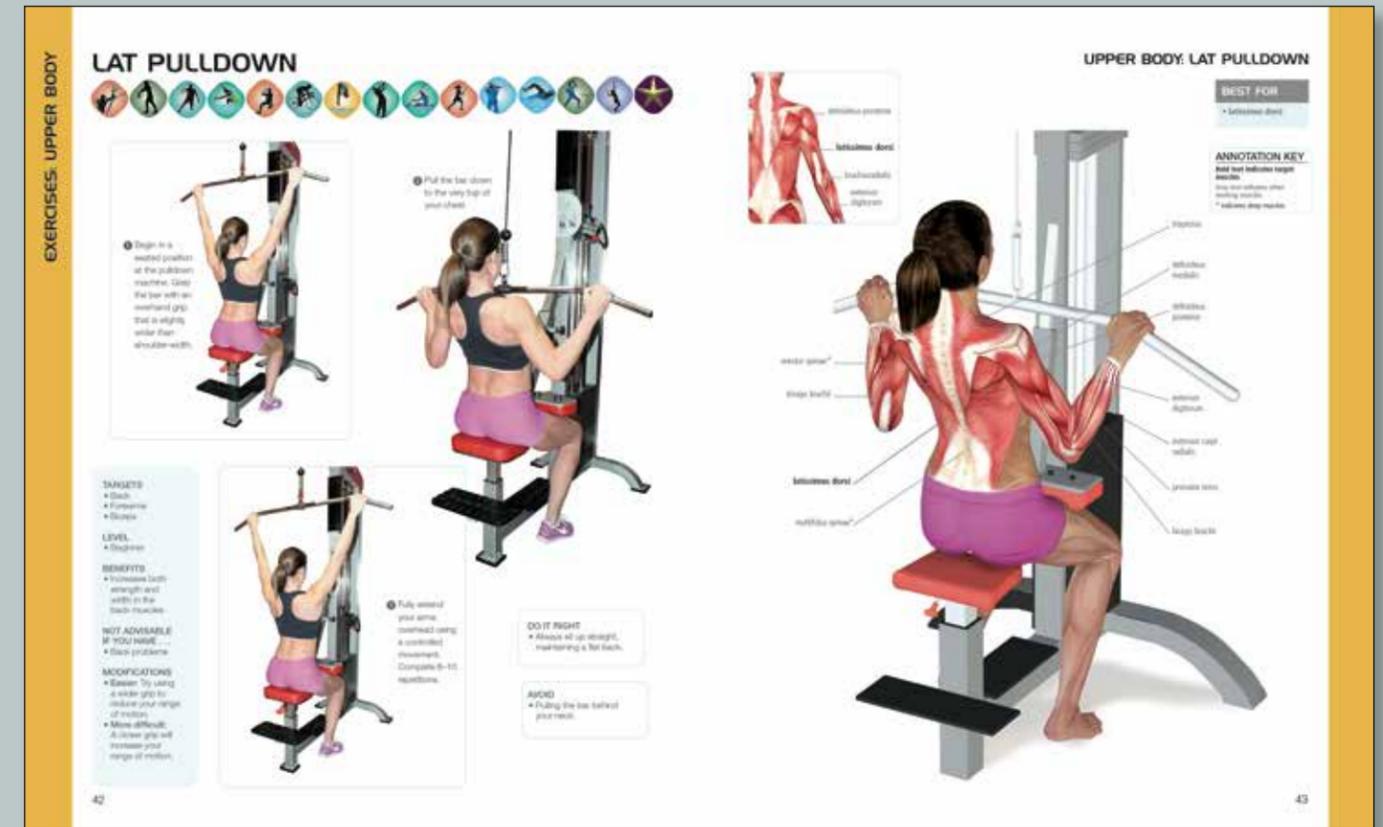
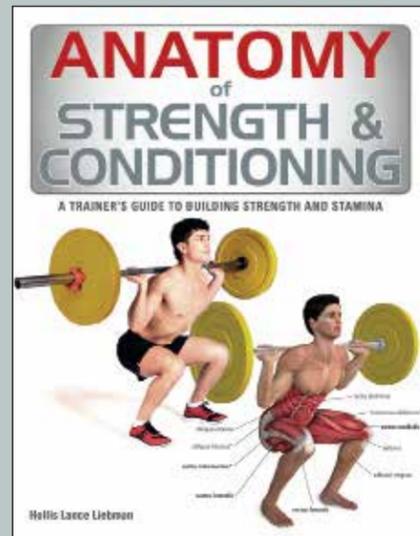
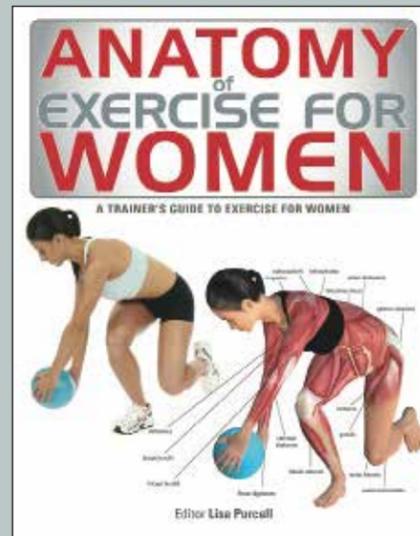
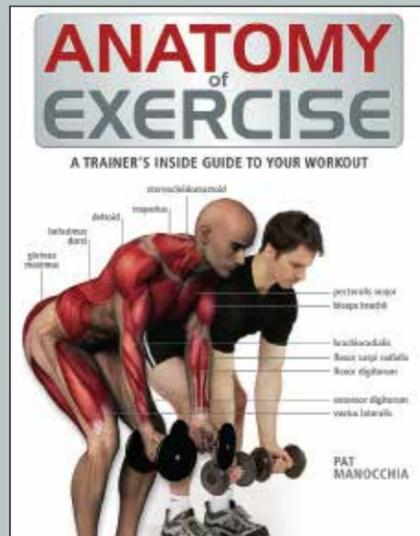
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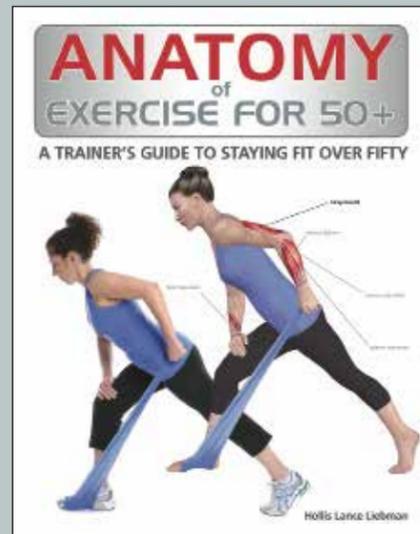
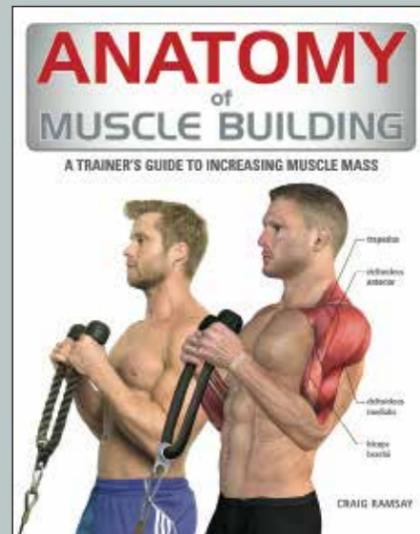
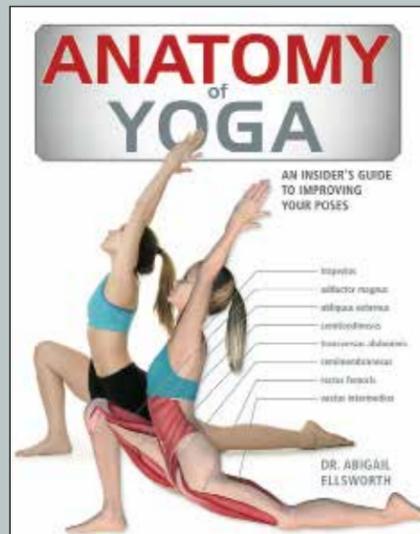
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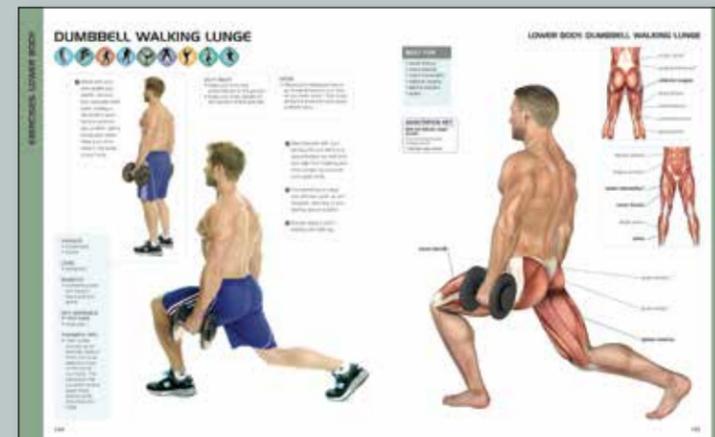
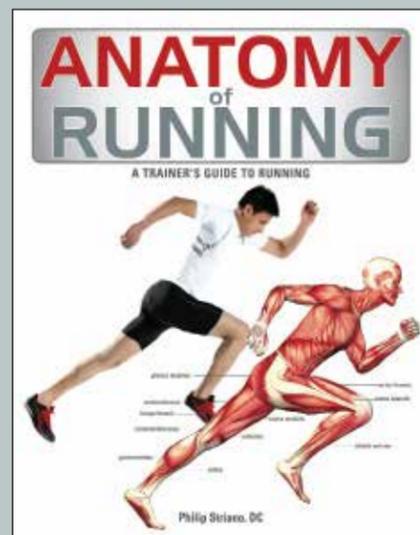
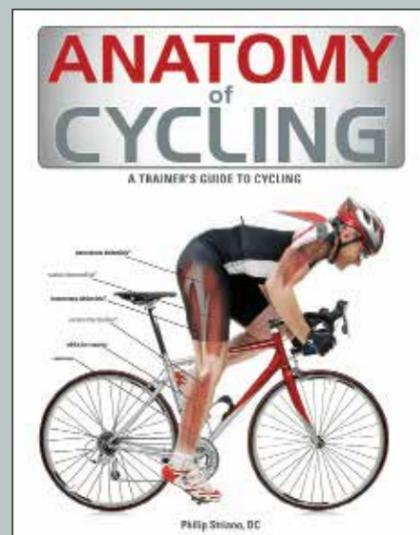
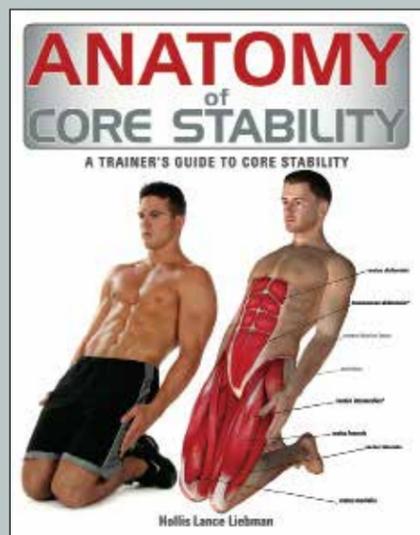
• STEP-BY-STEP INSTRUCTIONS FOR OVER 125 EXERCISES AND STRETCHES • CLEAR ANATOMICAL ILLUSTRATIONS • OVER 150 CUSTOMIZED AND SPORT-SPECIFIC PROGRAMS



Since the release of the first title, *Anatomy of Exercise*, this innovative series has sold approximately 250,000 copies.



Encyclopedia of Exercise Anatomy assembles exemplary content from these nine titles into one revolutionary sports reference.



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