



Strength Training for Shoulders Poster (Strength Training Anatomy)

Frederic Delavier

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Using the same masterful anatomical artwork that is featured in the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books, the *Strength Training Anatomy poster series* consists of seven full-color posters that fully illustrate every major muscle group.

This region-specific poster, the *Shoulders Poster*, presents nine exercise illustrations.

-Lateral raises

-Alternate front raises

-Alternate lateral raises with a low pulley

-Bent-over lateral raises

-Barbell front raises

-Seated anterior dumbbell raises

-Back press

-Front press

-Seated dumbbell press

Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every shoulder workout.

Individual poster size: 24" x 31" (60 x 80 cm).

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