I'm not a bot

Strength training anatomy 3rd edition ebook

Therefore, warm up the muscles properly and begin with lighter weights. Contract the abdominal muscles and avoid arching the low back. Illustrator: Frédéric Delavier Human Kinetics books are available at special discounts for bulk purchase. To make the exercise more difficult, perform the movement with the back against a wall so that the shoulder blades don’t move. 14 VARIATION Performing the curl with an Atlas pulley is a great way to pump up the muscle. or its affiliates Over 1 million copies sold! With new exercises, additional stretches, and more of Frédéric Delavier's signature illustrations, you'll gain a whole new understanding of how muscles perform during strength exercises. Special editions can also be created to specificat; ion. Clavicle Coracoid process This exercise mainly contracts the biceps brachii, brachialis, and, toa lesser degree, the brachioradialis, pronator teres, and the wrist flexor group. [Superficial muscle fibers: recruited as intensity of effort increases. I] j, th, TRICEPS STRETCH i Stand or sit with your back straight and one arm raised vertically beside your head. . e Exhale at the end of the extension. With the other hand grasp the elbow and slowly try to pull it behind your head. Splenius Sternocleidomastoid Levator scapulae Scaler Trapezius Spine of scapula Deltoid Infraspinatus P Teres minor Teres major Pectoralis major Biceps brachii Brachialis — Lateral head Brachioradialis Triceps brachii |— Long head — Medial head Extensor carpi radialis longus Extensor carpi radialis brevis Olecranon Extensor digitorum External oblique Anconeus Extensor digiti minimi Flexor carpi ulnaris Extensor carpi ulnaris Head of ulna Extensor retinaculum XX Stand facing the machine and grasp the handle with an overhand grip, keeping the elbows tucked into the body: e Inhale and extend the forearms, keeping the elbows tucked into the body. F 4 F Extensor carpi ulnaris 7— Head of humerus y-~ Humerus Anconeus Olecranon Medial epicondyle Supinator Kes iss mi), Head of _— radius Lateral)epicondyle | palmaris longus ul na Flexor carpi radialis Radius, styloid process Head of the ulna, styloid process Pisiform Flexor retinaculum * Hamate Flexor digitorum superficialis Flexor carpi ulnaris Medial epicondyle Humerus Clavicle Acromion Head of the humerus Glenoid cavity Scapula Me! STRETCHING THE WRIST EXTENSOR MUSCLES STRETCHING THE WRIST FLEXOR MUSCLES Extend your arm straight forward and flex the wrist. Like having an X-ray for each exercise, the anatomical depictions show both superficial and deep layers and detail how various setup positions affect muscle recruitment and emphasize underlying structures. Additionally, they will be able to relate this information to the contents of the other manuals, making it an invaluable tool for training. Recruited part of muscle & Most recruited part of muscle cy, sede POSITION 4" ARMS HAMMER CURLS |4 — Posterior deltoid Infraspinatu n — Middle deltoid Deltoid —Anterior deltoid _| THE MOVEMENT F Teres minor Pectoralis major Teres major Biceps brachii Latissimus dorsi Brachialis Brachioradialis — Lateral head Triceps brachii | — | ong head — Medial head Extensor carpi radialis longus Extensor carpi radialis brevis Anconeus Extensor digitorum Extensor carpi ulnaris Extensor digit minimi Flexor carpi ulnaris WY, As ey q Stand or sit gripping a dumbbell in each hand with the palms facing each other: e Inhale and raise the forearms together or alternately. The texts and illustrations in this book are designed to clarify and help readers finally understand the structure of each exercise.Author: Jerónimo MiloOVER 152 ORIGINAL DRAWINGS, ILLUSTRATIONS, AND CHARTS– Progressions and regressions of classic strength exercises– Upper limb anatomy and its function in the main exercises– The Shoulder Girdle. -- 3rd ed. * Hold the stretch for a few seconds while Extensor carpi radialis brevis Anconeus breathing slowly. This is an excellent exercise for pumping the triceps group. icssssestscsscccscsesesssssesessessccsesecesssessessscscseatsesececssencsusvaveses 46 10 LOW-PULLEY FRONT RAISES, NEUTRAL GRUP oon... Perform this exercise until you feel a burn for best results. Many books explain what muscles are used during exercise, but no... 5 ; B Fy) Naren oe ARBELL CURLS / You can lift more weight and gain strength by leaning the torso back while lifting the bar; however, to prevent injury, this requires good i and lumbar muscles. Using clear and understandable language, Jerónimo Milo ... Purpose: It is a detailed, illustrated guide to the muscular and skeletal anatomy involved in basic strength training exercises. This exercise focuses the effort on the biceps brachii and works the muscle intensely. Distal phalanx Middle phalanx Proximal phalanx is, ARMS G LOW-PULLEY CURLS pe Splenius capitis Sternocleidomastoid Levator scapulae Trapezius Scalenes Deltoid Pectoralis major Biceps brachii Infraspinatus Teres minor Teres major Triceps brachii Extensor pollicis Latissimus dorsi brevis Flexor carpi radialis Brachialis Extensor carpi Abductor | Pollcis longus 3 j DRO radialis longus z ne Extensor carpi er Anconeus aE, radialis brevis digitorum TH Brachioradialis } j Gils | ; : ie Ng ita Stand facing the machine. English] Strength training anatomy / Frédéric Delavier. We understand that not everyone can donate right now, but if you can afford to contribute this Thursday, we promise it will be put to good use. Someone whose forearm hangs distinctly away from the body in a valgus position must break excessively at the wrist when performing a cur | with a straight bar, which is Painful. e Placing the hands closer together isolates the long head of the biceps brachii. When extending the forearms, the anconeus and wrist extensors also contract. This publication is written and published to provide accurate and authoritative information relevant to the subject matter presented. Spee eee a eee > Gm erg = ree oe 11 BARBELU CURIS £2 3c, Soe ce ee ee. The Internet Archive is a nonprofit fighting for universal access to quality information. Many books explain what muscles are used during exercise, but no other resource brings the anatomy to life like Strength Training Anatomy. Flexor carpi radialis Latissimus dorsi External oblique Palmaris longus Flexor digitorum Flexor carpi ulnaris w Sit or stand and grip a dumbbell in one hand with the arm vertical: | ¢ Inhale and bend the elbow to lower the dumbbell behind the head to the neck. This exercise mainly stretches the triceps, teres Le major, and latissimus dorsi. 2. , Brachioradialis \\ \ iN YEN Brachialis « Hi ai brachii i 4)\\ — Medial head H} ~ i — Lateral head Triceps brachii) — Long head Deltoid Spine of scapula Teres minor Trapezius 4 Teres major » Extensor carpi Infraspinatus Extensor carpi radialis longus__radialis brevis Rhomboid major & Uina Gluteus medius Latissimus dorsi Gluteus maximus External oblique ; Radius — Medial head Z i iac cres head |Mcers — J) Lateral —Long head Coccyx Posterior superior Adductor magnus ilac spine Greater trochanter Semimembranosus ; : eeodinaer Latissimus dorsi joracic vertebra SENN S 99 / Lumbar vertebra , liac bone yi S\ fr Sacrospinous igamen : Fascia lata ; Neck of femur Biceps femoris a Sacrotuberous ligament Semitendinosus Quadriceps, | /?, x | vastus lateralis. Fixing the arms against the support makes it impossible to “cheat.” At the beginning, the muscle tension is intense, so be sure to warm up properly using light weights. This exercise works the triceps and pectorals as well as the anterior deltoid. Resting weights on top of the thighs increases the difficulty and intensity of the dip. We'd be deeply grateful if you'd join the one in a thousand users that support us financially. pdf, 17.89 MB The file will be sent to your email address. Exhale at the end of the movement. Contract the abdominal core to prevent arching the low back. BRACHIORADIALIS MUSCLE This is the best exercise for developing the brachioradialis. Over 600 full-color illustrations reveal the primary muscles worked along with all the relevant surrounding structures, including bones, ligaments, tendons, and connective tissue. x Brachioradialis Extensor pollicis brevis Flexor * Brachialis Triceps brachii, medial head digitorum Extensor pollicis longus Extensor carpi radialis longus Flexor carpi ulnaris Abductor pollicis longus Palmaris longus Triceps brachii, long head Teres major anterior Latissimus dorsi THE MOVEMENT Extensor carpi radialis brevis Flexor carpi radialis Pronator teres as 15 ARMS 10 REVERSE WRIST CURLS Brachioradialis Flexor carpi radialis Humerus FINAL POSITION Ulna 4 s Extensor carpi radials longus Extensor carpi radialis brevis Radius Extensor carpi radialis longus Extensor digitorum Extensor carpi radialis brevis ee Extensor digitorum Abductor pollicis longus ae Extensor pollicis brevis Extensor digiti minimi Flexor pollicis longus Extensor carpi ulnaris Flexor digitorum superficialis Extensor indicis Extensor pollicis Phalanx Extensor indicis Metacarpal 1st dorsal interosseous — Palmaris longus NS io: WRIST EXTENSORS epleondyle } x tad 3) Extensor carpi ulnaris Ao 16 Zz a EA mea grip and keep the wrists relaxed: PTO aN See ¢ Inhale and raise the hands by extending at Orne ee sty cae Lateral epicondyle Triceps brachii Wis Anconeus Biceps brachii radialis longus : the wrists. This exercise works the extensor muscles of the wrist: extensor carpi radialis longus, extensor carpi radialis brevis, extensor digitorum, extensor digiti minimi, and extensor carpi ulnaris. This is one of the best exercises for working the biceps brachii. 29 ARMS TRICEPS DIPS Trapezius A ' Teres minor Wan”) / Co PY STme x I | :\ a! : Ba Radius \4] ig Medial epicondyle 1\ Ulna \ \ 9 Suspend the body between two benches by placing the hands on the edge of one bench and the feet on the edge of the other bench: e Inhale, then dip by bending the elbows and rise by extending the forearms. Title. Over 600 full-color illustrations reveal the primary muscles worked along with all the relevant surrounding structures, including bones, ligaments, tendons, and connective tissue.Like having an X-ray for each exercise, the anatomical depictions show both superficial and deep layers and detail how various setup positions affect muscle recruitment and emphasize underlying structures. fl ap MPYP The latter two muscles, although located deep in the wrist, make up most of the muscle mass of the Flexor pollicis #f! longus \ Superficial layer Middle layer Deep layer THE MOVEMENT 17 ARMS 12| REVERSE BARBELL CURLS Triceps brachi 4i, lateral hea Brachialis ‘ Triceps brachi I; long heat d Splenius capitis Triceps brachi I, tendo n Thyrohyoid Lateral epicondyle Biceps brachii Brachioradialis Extensor carpi radialis longus Extensor carpi radialis brevis Abductor pollicis longus Extensor pollicis — Anconeu S Levator scapulae »’ brevis Olecranon Extensor digitorum Sternocleidomastoid Scalenes Extensor Extensor Flexor carpi carpi ulnaris digiti minimi ulnaris Radius Extensor pollicis longus, tendon MUSCLES OF THE FOREARM (LATERAL VIEW) Infraspinatus sons Omohyoid Teres minor SS Sternohyoid Teres major Triceps brachii Trapezi US ie= Long head Deltoid |_— Lateral head Pectoralis major Brachioradialis Brach ialis Biceps brachii Extensor carpi radialis longus Olecranon Abductor pollicis longus Anconeus Extensor carpi radialis brevis Extensor digitorum Extensor pollicis Extensor digiti minimi brevis Extensor carpi ulnaris Flexor carpi ulnaris ry Head of ulna THE MOVEMENT Extensor retinaculum h Pie Rema i ls | Stand with the legs slightly apart and arms extended and g rasp the bar with an overhand grip (with the thumbs facing each other): e \|nhale and raise the forearms by bending the elbows. Over 1 million copies sold! With new exercises, additional stretches, and more of Frédéric Delavier’s signature illustrations, you’ll gain a whole new understanding of how muscles perform during strength exercises. Si Triceps brachii, long head Triceps brachii, Triceps brachii, tendon medial head ane Brachioradiais Flexor carpi ulnaris | INITIAL POSITION ~ Anconeus Extensor carpi ulnaris Ue ee Extensor carpi radialis longus Bees Humerus Acromion Clavicle Scapula 2 Rhomboid major Teres major SD = Rib Pronator teres > , K Ta, Vertebra — Thoracolumbar fascia : Biceps brachii, aponeurosis Brachioradialis N. (e Exhale at the end of the movement. Attention: Adjust the angle of the bench according to individual variations in shoulder flexibility. ISBN-13: 978-0-7360-9226-5 (soft cover) ISBN-10: 0-7360-9226-9 (soft cover) 1. 10 VARIATION TWO-HANDED LOW-PULLEY CURLS ARMS HIGH-PULLEY CURLS 6) Flexor digitorum superficialis Flexor carpi ulnaris Palmaris longus Flexor carpi radialis rf} © Sternocleidomastoid Humerus Brachialis Aponeurotic expansion of biceps brachii — Long head | Biceps Triceps brachii, medial head / Biceps — Short head |brachii brachii Brachialis Clavicle Triceps brachii, long head Scapula Coracobrachialis Teres major ha pega Ws Sternum Rib Serratus anterior Pectoralis major Stand between the pulleys with the arms outstretched in a “cross” and grasp the handles of the high pulleys with an underhand grip: e Inhale and bend the elbows to bring the hands toward the body. If possible use a bench with support for the low back. If you find our work useful, please pitch in. Grasp the barbell with an underhand grip and hands slightly wider than shoulder-width apart: On = Mainly works the long head of the biceps brachii Wide ners asfint eon gre eee Minh grip ARMS ELBOW STRUCTURE AND ITS EFFECT ON TRAINING ~ Acromion ye _ Head of humerus Greater tuberosity Lesser tuberosity Coracoid Bicipital groove process Crest of lesser tubercle Glenoid Cavity Crest of greater tubertle Deltoid tuberosity Radial fossa Scapula Lateral epicondyle Coronoid fossa meuN Capitulum Medial epicondyle Trochlea Coronoid process | py) Head of radius VARA Radial tuberosity Radius Ulnar tuberosity Ulna Lunate Styloid process Head of ulna Scaphoid Trapezium Trapezoid Styloid process EH Pisiform Capitate : a Tiquetrum 1-4) Hamate i i\| 6) , x We Metacarpal Proximal phalanx Middle phalanx oar 4] Upper extremity with a small angle Distal phalanx am a a When training the biceps brachii using a barbell, take into account variations in each person’s physical structure. .c0ns o oscessse AO cane nee 1 INCLINE DUMBBELL CURLS 22 oscc.0.ccccs.cneccic a a et Se 8 HAMMER CURLS 2 4:.-5... | bk lateral head Trapezius Ko j Deltoid \} \Y |iy, DT 2. This exercise mainly stretches This exercise mainly stretches the extensor carpi radialis longus and brevis, | the paimaris longus, flexor carpi radialis, flexor carpi ulnaris, superficial and deep extensor digitorum, extensor digiti minimi, extensor carpi ulnaris, and — anconeus. He is a journalist for Le Monde du Muscle and a contributor to Men’s Health Germany and several other strength training publications. hetero irises ocsnsde cia dkcs to enapechicvieagicnnsacden oon na ee 44 SP SIDE-TV IMG LATERAL: RAUSES 22s rocco ceo aka fos sp ccccnandsccvasnsaseatoVncvenencussdeican Besrakgkeceeteen aI RRR ee sen 45 § LOW-PULLEY FRONT RAISES, OVERHAND GRIP on. = a=. Hold one Al =~ aN arm vertical against the side of your head and bend the elbow to 90 degrees. Weight training. Besar Extensor digit! minimi Variation: To accentuate the stretch on the Extensor carpi triceps, perform this exercise with the elbow radialis longus flexed and the opposing hand slowly pulling the elbow down behind the head. If the arm is too far back, the long head of the biceps will create excessive friction in the bicipital groove of the humerus and will strain the tendon. Don’t be worry Strength Training Anatomy, 3rd Edition can bring any time you are and not make your tote space or bookshelves’ grow to be full because you can have it inside your lovely laptop even cell phone. This stretches the teres major, the long head of the triceps brachii, and, to a lesser extent, the latissimus dorsi. This movement also works the brachioradialis and the brachialis. Palmaris longus Ag Sit with the forearms resting on the thighs or on a bench and grasp the bar with an underhand grip with wrists relaxed: yf profundus | wrist flexors. With new exercises, additional stretches, and more of Frédéric Delavier’s signature illustrations, you’ll gain a whole new understanding of how muscles perform during strength exercises. Instead, we're powered by online donations averaging about $15. 28 ARMS SEATED E-Z BAR TRICEPS EXTENSIONS 22) ~ Flexor carpi ulnaris Palmaris longus Flexor carpi radialis Brachioradialis Biceps brachii aponeurotic expansion Pronator teres Brachialis Una Triceps brachii, tendon Triceps brachii, — Medial head | ‘ost a — Lateral head Triceps brachii, — Long head _| Biceps brachii long head Mid Head of humerus Deltoid Teres major Clavicle Coracobrachialis Scapula Latissimus dorsi Rib (i THE MOVEMENT > Sit or stand and grasp an E-Z bar with an overhand grip and arms vertical: e Inhale and bend the elbows to lower the bar behind the head. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher. isusually more pronounced in women. Radius Carpal Biceps brachii, long head ee Brachialis Proximal phalanx Distal phalanx Middle phalanx Biceps brachii, tendon Ulna This isolation exercise allows you to control the range of motion, speed, and form of the movement. Tan Clavicle DISTRIBUTION OF THE MUSCLE FIBERS ACCORDING TO THEIR SPECIFIC ACTIONS Costal cartilage Sternum a Deep muscle fibers in the most direct path: most frequently recruited. The Internet Archive is working to keep the record straight by recording government websites, news publications, historical documents, and more. When the biceps brachii contracts, the force placed on its distal tendon causes the radius to pivot on its axis, bringing the hand into supination. This one-of-a-kind best-seller combines the visual detail of top anatomy texts with the best of strength training advice. e Return to the initial position. Can You Chip In? It is published and sold with the understanding that the author and publisher are not engaged in rendering legal, medical, or other professional services by reason of their authorship or publication of this work. New pages show common strength training injuries in a fascinating light and offer precautions to help you exercise safely. Grasp other hand and pull slowly as iftrying to touch your anterior forearm with your that hand with your other hand and gently pull as if you are trying to bring the top palm while extending at the elbow. For greater intensity, place the raised arm against a wall. Y Palmaris longus i Triceps brachii, lateral | hea head Brachialis Brachioradialis Pronator teres Extensor carpi radialis longus Triceps brachii, medial head Anconeus Brachialis Extensor carpi radialis brevis Triceps brachii, long head ee Extensor digitorum Extensor carpi ulnaris Extensor digiti minimi a, > Sit holding a dumbbell in each hand with arms hanging down and the palms of the hands facing the body: e Inhale and bend the elbow, rotating the palm up before the forearm reaches horizontal. ee a 21 OME ARNG REWERSE PUSH-DOVUNS o5c: i radial Flexor carpi radialis I Bi : = Oe, 7 \/ _ oe . In each hand, hold a dumbbell with a relaxed overhand grip (thumbs face to the inside): e Inhale and bend your elbows while externally rotating your wrists before your forearms reach horizontal so that at the end of the movement your hands are in an underhand grip (thumbs face to the outside). 11 ARMS | BARBELL CU RLS : ‘ Sternocleidomastoid . |. Download the book for quality assessment What’s the quality of the downloaded files? Sternocleidomastoid Trapezius Deltoid Pectoralis major Biceps brachii — Lateral head Brachialis Triceps Brachioradialis ~Longhead | brachii Pronator teres — Medial head_| Biceps brachii, Flexor carpi radialis aponeurotic expansion Palmaris longus opt 7 Oe viginit Mae Oe Ae iy | ee HET his! fi i (gi se j Woah i { j Wh i} |aE Sit or stand with the arms resting on the support pad and grasp the bar with an underhand grip: e Inhale and raise the forearms by bending the elbows. Volume 3 of the Manual of Strength – Anatomy – Training, dedicated to the study of the Upper Limbs.In this comprehensive manual, the author explains in detail the relationship between strength training and the study of anatomy. Ny - Acromion CO Stand facing the machine with the arms next to the body and elbows bent and grasp the handle with an underhand grip: lateralhead f Fs Vertebra Triceps brachii, oF medial head l Triceps brachii, tendon Radius 4 epicondyle Olecranon Anconeus Carpal Metacarpal Proximal phalanx Middle phalanx Distal phalanx ye! 21 ARMS ONE-ARM REVERSE PUSH-DOWNS 7 | - pa WS Infraspinatus f ZN Teres minor yl \ S Teres major An Latissimus dorsi Th. Triceps brachii, \\ wu ¥ . Extensor digiti minimi of the humerus pecan Carpal Bencaps Extensor indicis 2: ay, Eatssireus dors} Extensor digitorum Extensor digiti minimi Head of ulna Distal phalanx E> EXTENSOR MUSCLES AT THE WRIST hi Radius Middle phalanx eed Sit with the forearms resting on the thighs or ona bench and grasp the bar with an overhand Ulna Proximal phalanx Flexor carpi ulnaris Brachialis Brachioradialis Extensor carpi ulnaris ; Flexor carpi ulnaris radialis longus Flexor digitorum superficialis Extensor carpi radialis fieal Ulna, styloid process Pisiform 5th metacarpal Extensor carpi Extensor retinaculum S ARMS WRIST CURLS (11) | Deltoid Biceps brachii Triceps brachii, long head Brachialis Triceps brachii, medial head Pronator teres Brachioradialis ~ log Flexor carpi radialis ' Palmaris longus fi € 4 / | "\ : I a i me Se Rae Uina i Radial tuberosity Flexor digitorum superticialis and profundus Flexor digitorum superficialis, Pisiform Pisiform covering flexor digitorum profundus Flexor carpi ulnaris Flexor pollicis longus Trapezium Metacarpal N \\ : >) _| WRIST FLEXORS 4 / Flexor { Pronator teres / last 5 Flexor carpi _/ radialis / Flexor carpi GU, digitorum Bese WW e |nhale and raise the hands by flexing at the wrists. This is one of the best exercises for isolating the biceps. Me THE MOVEMENT S ARMS TRICEPS KICKBACKS (20) sey) Flexor carpi ulnaris Triceps brachii — Lateral head Teres major — Long head Extensor digitorum Extensor digiti minimi Brachioradialis Extensor carpi ulnaris Anconeus Extensor Deltoid pollicis brevis Biceps brachii Pectoralis major Brachialis Extensor carpi radialis longus Extensor carpi radialis brevis Stand with the knees slightly bent and lean forward at the waist, maintaining a straight back. Itmainly works the biceps brachii and brachialis. sere eho kane a I ccc 6 CONCENTRATION CURLS. Rhomboid TRBAGK PRESSES eta ee ners acc AT eat ecveniconvdanshvudeeaoeneesOgesh atucen dee Beamer ce tears kare aie eee SR SEALED, FRONT PRESSES Fao) Meer rrr ae era a eset sac Se eiics nace ce csacvPaatstaversodonsuncoc kOe Ges Ocan Reena a etic aot Eder Beer PRE GES ese a cok ods vscccen eseccnecncacganeuactdecenepeans cxncanancOia aeete, teeta oem cne ees ee ee WA eee (5S ne en co Me 33 34 35 er 36 + EY aA |Pe oe ete oe on Corr mNr Emme CFR bc eR FSU 38 HOW THE OSSEOUS MORPHOLOGY AFFECTS THE BACK PRESS ooo... Using clear and understandable language, Jerónimo Milo successfully synthesizes complex ideas.Readers will be able to apply this information in the context of physical activity, gaining knowledge that can be immediately put to use. > Metacarpal Carpal _/ Flexor digitorum superficialis i Extensor carpi ulnaris Flexor carpi radialis Phalanx Metacarpal i a VARIATION \._ ONE-HANDED EXECUTION Brachioradialis Palmaris longus Carpal Coracobrachialis Teres major Flexor carpi radialis = baie Pectoralis major we Aponeurosis of E x UIna € Biceps brachii tendon, partially wrapped around the radius Subscapularis Biceps brachii tendon, partially wrapped around the radius ; biceps brachii Latissimus dorsi Pronator teres Serratus anterior Triceps brachii, medial head External oblique Brachialis Triceps brachii, long head —— When the hand is pronated, the distal tendon of the biceps brachii muscle is partially wrapped around the radius. What’s the quality of the file? ARMS PREACHER CURLS a. Packed with over 600 anatomical illustrations of muscles from each ... This one-of-a-kind best-seller combines the visual detail of top anatomy texts with the best of strength training advice. This Strength Training Anatomy, 3rd Edition having great arrangement in word and layout, so you will not really feel uninterested in reading. Rib Teres major oe , _ eres minor \,_ iitaspinata External \ oblique . Muscles--Anatomy. It also develops the biceps brachii, brachialis, and, to a lesser degree, the extensor carpi radialis brevis and longus. Extensor digitorum Esper This exercise contracts the extensor carpi radialis longus and brevis, extensor digitorum, extensor radialis brevis digiti minimi, and the extensor carpi ulnaris. The vertical position of the arm stretches the long head of the triceps brachii, emphasizing its contraction while working. VARIATION WITH BACK TO THE MACHINE TO ISOLATE THE LONG HEAD OF THE TRICEPS VARIATION WITH A ROPE TO ISOLATE THE LATERAL) | HEAD OF THE TRICEPS ARMS REWERSE PUSH-DOWNS 44 Splenius capitis Sternocleidomastoid Levator scapulae Scalenes Trapezius Omohyoid Deltoid Infraspinatus Teres minor Teres major Triceps brachii, long head 1st dorsal interosseous Latissimus dorsi Extensor pollicis longus Triceps brachii, lateral head Flexor digitorum superficialis Flexor carpi radialis Biceps brachii Extensor carpi radialis brevis Brachialis Brachioradialis Triceps brachii, medial head Lateral epicondyle Olecranon Extensor digitorum Flexor carpi ulnaris Extensor carpi ulnaris Extensor carpi radialis longus Anconeus 4 Head of humerus process Triceps brachii, Spine of long head scapula Triceps brachii, Scapula The underhand grip isolates the medial head of the triceps brachii and precliides working with heavy weights. This exercise primarily uses the brachioradialis (long supinator), brachialis, biceps brachii, and anterior deltoid, and, to a lesser extent, the coracobrachialis and clavicular head of the pectoralis major. INITIAL POSITION 27 ARMS SEATED DUMBBELL TRICEPS EXTENSIONS Extensor digiti minim Extensor digitorum Palmaris longus Extensor carpi radialis brevis Flexor carpi ulnaris Extensor carpi radialis longus Extensor carpi ulnaris —— Brachioradialis Anconeus Triceps brachii, medial head —cy PSSST E _ ee] Pectoralis major Subscapularis — Lateral head Teres minor — Long head Teres major Triceps brachii Deltoid Infraspinatus Latissimus dorsi Serratus anterior fDIAGRAM DISPLAYING THE DISTINCTIVE HORSESHOE Triceps brachii Tendinous plate Olecranon Sit and grasp a dumbbell, holding it behind the neck: e Inhale and extend the forearms. Therefore, you will be able to dive into these topics and use them effectively in your daily life. The extensor carpi ulnaris, extensor digitorum, extensor digiti minimi, and extensors carpi radialis longus and brevis keep the wrist straight with isometric contraction during the exercise. We build and maintain all our own systems, but we don’t charge for access, sell user information, or run ads. otek ceteecccstss ccs ats Ne ee acc ee el 9 LOW-PULLEY CURLS :.-co:237sci.c. 5 cos oashecherecin a ee ee 10 HIGH-PULLEY CURLS... Extensor carpi ulnaris Extensor digitorum * Try to bring your elbow behind your head. Conversion to is in progress THIRD EDITION as MILLION COPIES SOLD! SS f \ \$Y Wrist extensors Cee Scapulae fixers a Dorsal muscles Ge Gluteals See Thigh flexors ee Shoulders Cam, Arm flexors Ce Wrist flexors Lumbar muscles PGArie t (SUGIWUGTF oTRENGTH TRAINING ANATOMY ULIUL31) LeLOU I UUIN HUMAN KINETICS For my father Library of Congress Cataloging-in-Publication Data Delavier, Frédéric. Bend the arm at the elbow and touch the top of the back with your hand. Dear Patron: Please don't scroll past this. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. Attention: The angle of the support pad places significant tension on the forearms when the arm is completely extended. This exercise contracts the flexor carpi radialis, paimaris longus, flexor carpi ulnaris, and the flexors digitorum superficialis and profundus. ccc ccc ccc ccccccscseesescsccseacsvsreacsesrsncevasreevaneneavees 39 ARNOLD PRESSES orcs ree arn csi eka vce cise cas ad ocadannet as oee Dnseave casa Reo ee ee 40 Bha RE PMDOWER) LATERAL AES ree ee ace acl S ethic on vdcav ssn cnaczonee sonenencnne vrs sccecans MUG eee 41 Ge LATERAL DUABIBELL: RAISES errno ooo access kc AS Sens. ARMS 3 | INCLINE DUMBBELL CURLS Pectoralis major ——_ 7 Brachialis ——~ > Biceps brachii a = Ss < S PSE ~ Serratus anterior sie Mee Brachioradialis External oblique =e x =~ = Sa — a ae : mastoid = ie = ee Ss < ~ eer — | San K._ scapulae a ~~ Scalenes = \ ~ ~~ Trapezius — Anterior deltoid — Middle deltoid | Deltoid 4 ~>— Posterior deltoid Abductor pollicis longus Z Extensor pollicis brevis y ~~ ‘s 7 has ~ Teres major Long head ™·—Lateral head | Triceps brachii ~ — Medial head Extensor carpi radialis longus Extensor carpi radialis brevis Anconeous Extensor digitorum Extensor digiti minimi Extensor carpi ulnaris we Sit on an incline bench with your back leaning against the support. © 1996-2014, Amazon.com, Inc. asses os hc nenaderacacv nal ean geSTE Ec nM re 42 TS ALTERNATE FROMTARMA RAISES eee. This exercise also contracts the monoarticular brachialis elbow flexor. ccccccsscccscsssssosscsscessschesusseanssescccssnssessssosseceecnssocestunesssensesssesoqnovavese 47 () STRETCHING THE PAMTERIOE DELTOUDS Freee ooo cco cess cpucdusccecano oncconsitoch Roce vsuceanteessik Coceedeecess ee ee 48 1 1 HIGH-~PULLEY LATERAL EXTENSIONS oer ieee stveancala-ascscapstebk tee achcdicava daewoo sioctosee ne 49 eT RT ea WN ese es i i ee 50 13 LOW-PULLEY BENT-OWER LATERAL RAISES .....ccccccccscccscccscosscssesessssessssestvseeseetseeeseeteeeeeeeeeeec 51 USL WU-PULLEY. STRETCHING THE TRICEPS Stand or sit with a very straight back. Grasp the handle with an underhand grip (palm facing up): e Inhale and bend the elbow to raise the forearm. It may take up to 1-5 minutes before you receive it. The vertical position of the arms strongly stretches the long head of the triceps brachii, emphasizing its contraction while working. It sets out to outline the major and ... The third edition of Strength Training Anatomy offers the most compelling artwork ever applied to a strength training resource. Therefore, these people should work with an _E-Z bar to spare their wrists. [Guide des mouvements de musculation. Scalenes oh , Trapezius a 2 Omohyoid Sternohyoid 1st rib ’ . of your hand toward you while pushing the palm out. It also acts on the brachioradialis, brachialis, and, to a lesser degree, the biceps brachii. This movement also works the brachialis and, to a lesser extent, the brachioradialis and pronator teres. e Exhale at the end of the effort. p.cm. For details, contact the Special Sales Manager at Human Kinetics. Printed in France- L65455a 10 9 Human Kinetics Web site: United States: Human Kinetics P.O. Box 5076 Champaign, IL 61825-5076 800-747-4457 e-mail: humank@hkusa.com Canada: Human Kinetics 475 Devonshire Road Unit 100 Windsor, ON N8Y 2L5 800-465-7301 (in Canada only) e-mail: info@hkcanada.com Europe: Human Kinetics 107 Bradford Road Stanningley Leeds LS28 6AT, United Kingdom +44 (0) 113 255 5665 e-mail: hk@hkeurope.com Australia: Human Kinetics 57A Price Avenue Lower Mitcham, South Australia 5062 08 8372 0999 e-mail: info@hkaustralia.com New Zealand: Human Kinetics P.O. Box 80 Torrens Park, South Australia 5062 0800 222 062 e-mail: info@hknewzealand.com E5126 UES ee acs fannguvsaes evencasoeelsencubaysdecbesndensvdsssoneeddeasasesoqnnecbevssavonevnessteasnngeenedbessi 4 a ee OE care ee eee ANS ucchvvvcck dav ssidenenengncodan cody uponvondsscevtncdesendnvendteasscadectesshoesesasacazentaess 32 ech Sea aca ooss rey keer snc shsvot en nic rvs enue dynos cbeendunsnevnenograostacsnaasiseatecenaghnonetsne 61 SN Ca Ne acc fe Oa Th accb snc dea suds vasoinde once uofuanadsnstkendoaeioncidoeessaedssisecutoudredbedovesers anzens85 EE Esa oC ahr caus esate au Ce eRe cAen OR cca Cerca nan snap ys esotaaesewa Pa deuannnageOCAphaisnnnenscvessdTiatinnosessesosyosecosvennéss 122 ESD RANG ch eee er cca a MMM retake cece nu geese tcp vos onivscosseduado¥aseseonshovondecdensiunecsailvedioasedustune 155 7 ABDOMEN ANIMss BUPABBELL CURLS 20. An overhand grip isolates the lateral head of the triceps brachii. If medical or other expert assistance is required, the services of a competent professional person should be sought. Clavicle Coracoid e |nhale and extend the forearms by straightening the elbows, keeping them tucked into the body. Frédéric Delavier How much do you like this book? Clavicle = diss Pectoralis major Acromion Deltoid : Coracoid ; __|- Long head Biceps brachii — Short head process _— scapula — Long head | Triceps brachii, lateral head Biceps brachii — Short head Brachialis Pronator teres Sternum Brachioradialis Costal cartilage Biceps brachii, aponeurosis Biceps brachii Flexor carpi radialis Brachialis Flexor carpi ulnaris Biceps brachii, tendon Palmaris longus Floating ribs Lumbar vertebra Extensor carpi radialis longus Os coxa Extensor carpi radialis brevis Ulna Flexor pollicis longus Flexor digitorum superticialis THE MOVEMENT BRACHIALIS MUSCLE e Inhale and raise the barbell by bending the elbows, taking care to stabilize the torso and spine by isometrically contracting the gluteal muscles, abdominal muscles, and spinal muscles. Exhale at the end of the effort. This one-of-a-kind best-seller combines the visual detail of top anatomy texts with the best of strength training advice.Many books explain what muscles are used during exercise, but no other resource brings the anatomy to life like Strength Training Anatomy. Anatomy, Muscle strength, Muscles, Weight training, Fitness, Guides, Bodybuilding, Sport, Culturisme, Atlases, Entrai nement (sport), Force musculaire, Exercice musculaire, [manuel], Anatomie, Musculation, Muscle, Entraînement (sport), Músculos, Musculação, Krachttraining, Anatomy & histology, Weight lifting, Physiology, Styrketräning, Human anatomy, Metody, Siła mięśni, Ćwiczenia fizyczne, Wychowanie fizyczne i trening, Exercise Movement Techniques, Methods, Physical education and training, Exercise Page 2 Anatomy, Muscle strength, Muscles, Weight training, Fitness, Guides, Bodybuilding, Sport, Culturisme, Atlases, Entrai nement (sport), Force musculaire, Exercice musculaire, [manuel], Anatomie, Musculation, Muscle, Entraînement (sport), Músculos, Musculação, Krachttraining, Anatomy & histology, Weight lifting, Physiology, Styrketräning, Human anatomy, Metody, Siła mięśni, Ćwiczenia fizyczne, Wychowanie fizyczne i trening, Exercise Movement Techniques, Methods, Physical education and training, Exercise Page 3 Anatomy, Muscle strength, Muscles, Weight training, Fitness, Guides, Bodybuilding, Sport, Culturisme, Atlases, Entrai nement (sport), Force musculaire, Exercice musculaire, [manuel], Anatomie, Musculation, Muscle, Entraînement (sport), Músculos, Musculação, Krachttraining, Anatomy & histology, Weight lifting, Physiology, Styrketräning, Human anatomy, Metody, Siła mięśni, Ćwiczenia fizyczne, Wychowanie fizyczne i trening, Exercise Movement Techniques, Methods, Physical education and training, Exercise Page 4It looks like you're offline. 18 STRETCHING THE FOREARM MUSCLES Extensor carpi radialis longus Extensor digitorum > i ; / -— scapula Cf; P / Extensor carpi radialis brevis a ees ae 7~ Clavicle Extensor digiti minimi . Can You Chip In?Dear Patron: Please don't scroll past this. finger flexors, and supinator. Grasp the hand with your | F454 your arm in front of you with the palm of that hand facing outward. or Mea [1] Supination {2} Pronation THREE WAYS TO EXECUTE CURLS: [1] Emphasize biceps [2] Work brachioradialis intensely [3] Work mainly biceps and brachialis ARMS CONCENTRATION CURLS (2) Trapezius Pectoralis major Anterior deltoid Middle deltoid Coracobrachialis Biceps brachii Triceps brachii, lateral head Triceps brachii, long head Brachialis Biceps brachii, tendon Biceps brachii, aponeurosis Triceps brachii, medial head Brachioradialis Pronator teres Extensor carpi radialis longus Flexor carpi radialis Extensor carpi radialis brevis Palmaris longus Flexor carpi ulnaris = BRACHIALIS MUSCLE Clavicle Clavicle Acromion Humerus Coracoid process Coracobrachialis cartilages Scapula Rib Biceps brachii, short head \ FINAL POSITION Sit holding a dumbbell with the palm facing forward and the elbow positioned against the inner thigh: e Inhale and lift the forearm by bending the elbow. Strength Training Anatomy, 3rd Edition by Frederic Delavier Strength Training Anatomy, 3rd Edition PDF Strength Training Anatomy, 3rd Edition by by Frederic Delavier This Strength Training Anatomy, 3rd Edition book is not really ordinary book, you have it then the world is in your hands. ¢ Continue by raising the elbow at the end of the movement. In the anatomical position (arms hanging along