



Strength Training for the Legs Poster (Strength Training Anatomy)

Frederic Delavier

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Using the same masterful anatomical artwork that is featured in the bestselling *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 *Legs Poster*, presents eight exercise illustrations.

-Squat

-Front squat

-Inclined leg press

-Leg extensions

-Lying leg curls

-Standing calf raises

-Seated calf raises

-Machine adductors

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 leg workout.

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

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