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greater numbers of cellular mitochondria, increase capillary density, and increase the mass and strength of connective tissue.

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Anyone who wants to learn the science behind exercise and fitness. Someone looking for a quick and simple path to achieving and understanding wellness. If you are looking for a crash course for anatomy and physiology, or other exercise related courses, this would be right up your alley. This does NOT offer credit from an accredited institution.

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Anatomy of Exercise looks at how different muscles of the body actually work during exercise. The book is organized by body area and shows common sequences in the progression of a typical workout. It features life-like anatomical illustrations to demonstrate each exercise and reveal exactly which muscles are engaged, which are being conditioned and how those muscles respond.

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