



# Target Bodybuilding

*Per Tesch*

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High-level strength training programs have advanced almost as fast as technology itself over the past decade. In *Target Bodybuilding*, Per Tesch combines the two to present weightlifting techniques that magnetic resonance imaging (MRI) has revealed to be most beneficial for muscle building and sculpting.

The book begins with an explanation of the MRI technology and how the information acquired from it takes the guesswork out of training. Tesch then provides a brief anatomical overview, focusing most on the major arm and leg muscle groups that will be targeted in the exercise section that follows.

A total of 60 lifts are included for the biceps, triceps, thigh, and calf muscles. Two large photos showing the starting and lifting positions are shown for each lift. Instructions for proper lifting technique accompany the photos. On a facing page, an enlarged photograph of the specific muscle group and body part is complemented by a description of the muscle function involved in the lift. Paired with this information is a large MRI scan showing the amount of activity generated in each muscle involved in the lift.

At the end of the book, Tesch explains how to develop a successful bodybuilding program. He also provides a number of tips for beginning, intermediate, and advanced trainers.

Take the guesswork out of training. With the help of MRI technology, *Target Bodybuilding* goes inside the body to show the best techniques for building and sculpting the muscles.

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