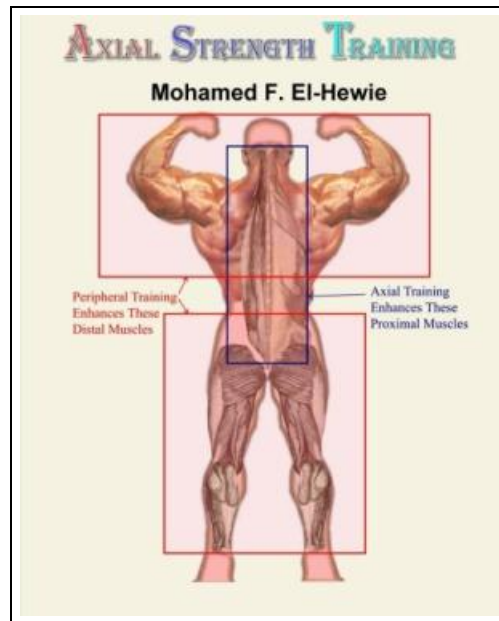


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 196 pages. Dimensions: 9.9in. x 8.0in. x 0.7in. If you own *Essentials of Weightlifting and Strength Training*, by Mohamed F. El-Hewie, you do NOT need to purchase this abridged edition. The simple concept of axial strength training has its roots in the civil engineering of massive structures. The spine is the main axis of the human skeleton. As such, axial training emphasizes strengthening the low back, with every weight training or aggressive exercise that generates great momentum, such as running or jumping. The very basic secrets of axial training is exercising the low back, then the legs, then the shoulders in every exercise session. The variation and choices of exercises are subjective and individual and will evolve over the course of years as you gain deeper insight into the art and science of strength training. The essential role is the even distribution of strengthening over those three body regions, with the low back at the very center of attention. Anatomically, the spine is anchored to the pelvic girdle at the low back. On the top of the spine lies the shoulder girdle. Think about an anatomical musculoskeletal girdle as the cross roads of forces, from two limbs to the main axis or the spine. The pelvic girdle connects the forces of the lower limbs to the spine through the antagonistic hip flexors and extensors. The shoulder girdle connects the forces of the upper limbs to the spine through the flexors, extensors, elevators, and rotators of the shoulders. Each girdle has a massive bony structure through which forces link and divert course of action. The skull and the chest cage are the bony bases of the shoulder girdle. The ilium, sacrum, and pubic bones are the bony...

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