

# 3D ANATOMY: RESISTANCE TRAINING DVD-ROM



3D Anatomy: Resistance Training is a comprehensive and easy-to-use digital resource for fitness professionals in training and practice.

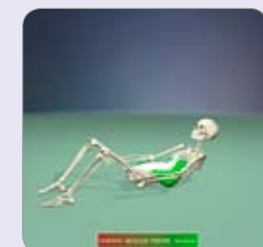
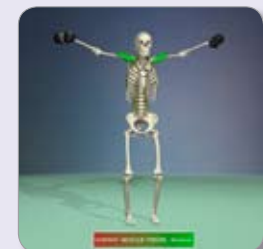
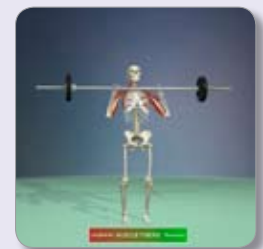
A dynamic visual resource that makes complex anatomy, functional anatomy and key resistance exercises easier to learn, remember and understand. 3D anatomy section includes detailed and labeled 3D models and sequences covering anatomical language, bones, joints and joint action, muscles, respiratory and cardiovascular systems including labeled cardiac cycles. Interactive functions allow you to rotate any anatomical view 360 degrees or add and remove layers.

Anatomical planes are explained visually, and animation is used to show joint actions and muscle function during common movements such as flexion, extension, adduction, abduction, and internal/external rotation.

Resistance exercises section allows comparison of live video clips and labeled 3D animations of 24 exercises. Animated sequences can be rotated and any visible anatomy labeled. Description text in bullet point format covers correct form and technique for each exercise.

This title will help to:

- **Learn, remember and revise relevant anatomy in visually memorable 3D.**
- **The same resistance exercises are shown as both live video clips and labeled 3D animations to aid understanding and application to real exercise.**
- **Use MCQ section to test your knowledge and prepare effectively for exams and training sessions.**
- **Export images from the software to produce beautifully illustrated and professional client information sheets**



## 3D ANATOMY SECTION:

- Anatomical Language
- Skeletal System – including skeletal tissue, histology of a bone, anatomy of a long bone.
- Axial skeleton
- Vertebral column
- Thoracic Cage
- Appendicular skeleton
- Muscular System – including muscle tissue
- Axial muscles
- Appendicular muscles
- Cardiovascular System and blood vessels
- Respiratory System

## MUSCLE ATLAS:

The anatomy section also features a comprehensive muscle atlas showing 148 individual muscles in isolation – one view showing the muscle on the bone and a view with the origin and insertion marked on the bones.

For each 3D anatomy view, interactive functions allow you to rotate and add and remove layers of anatomy. All visible structures are labeled and have associated text.

## MUSCLE FUNCTION ANIMATIONS:

This section includes 43 3D animations of normal muscle function during movement of the joints including flexion/extension, lateral flexion, adduction/abduction, external/internal rotation, plantar flexion/dorsiflexion and more.

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## RESISTANCE TRAINING SECTION:

Created in consultation with Jeffrey M. Willardson, this section contains 24 live action video clips and equivalent labeled animations showing the function of muscles during the exercise when it is performed correctly.

### Shoulder Girdle

Barbell Shrug  
Bench Dip  
Barbell Row  
Push-Up  
Barbell Overhead Press  
Pull-Up

### Shoulder Joint

Dumbbell Side Lateral  
Dumbbell Chest Fly  
Dumbbell Bent-Over Fly  
Dumbbell External Rotation  
Standing Db Front Raise

### Elbow Joint

Barbell Curl  
Dumbbell Triceps Kickbacks

### Wrist Joint

Seated Dumbbell Wrist Curls  
Seated Dumbbell Wrist Extensions

### Hip and Knee Joint

Leg Raises  
Barbell Straight Leg Deadlift  
Barbell Back Squat

### Ankle Joint

Toe Raises  
Reverse Toe Raise

### Trunk

Abdominal Crunch  
Back Extension  
Side Bend  
Medicine Ball Trunk Rotation

All the exercises have short descriptive text of how to perform the exercise and also technique tips.

## MCO (multiple choice questions)

An interactive MCO section with over 100 multiple choice questions based on resistance exercises allows you to revise and test yourself.

## AUTHORS:

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Special thanks to:

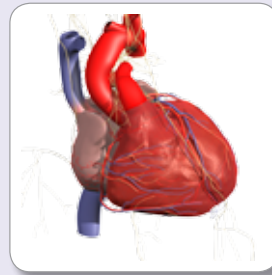
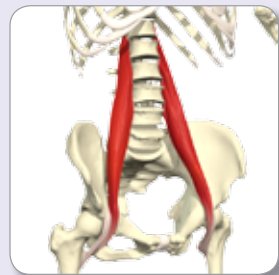
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### Technical Specification:

Single user license

Format: DVD-ROM

PC/Windows OS: Windows XP, Vista,  
Windows 7

Mac: Mac OSX 10.3, 10.4, 10.5, 10.6

1.5Ghz Processor or greater, 200MB RAM,  
24-bit color.

1024x768 screen resolution.

If you have any further queries regarding the content of this DVD-ROM,  
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