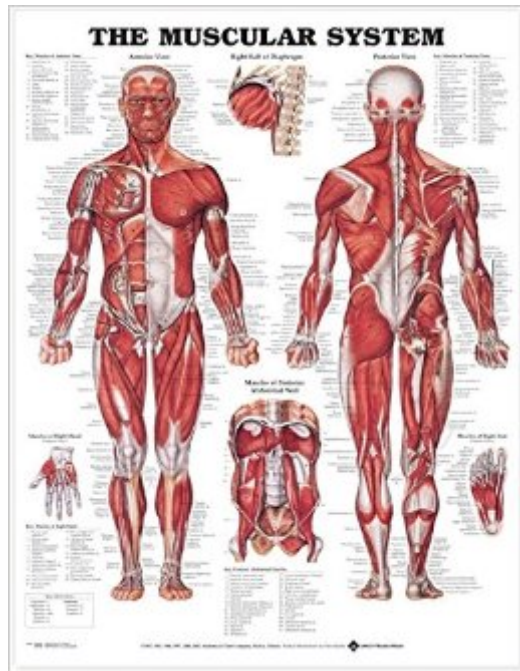


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# The Muscular System Anatomical Chart



## Synopsis

This classic chart of The Muscular System was illustrated by Peter Bachin in 1947 and continues to be one of the most easily recognized images in medical illustration. Every illustration is vividly colored and finely detailed. All structures are clearly labeled. The large central illustrations show both anterior and posterior views of the male muscular system. Four smaller illustrations show: the muscles of the right hand, the right half of the diaphragm, muscles of the posterior abdominal wall, muscles of the right foot. Laminated and paper versions are available in English and Spanish. Made in USA Available in the following versions: 20" x 26" heavy weight paper laminated with grommets at top corners ISBN 9781587790355 20" x 26" heavy weight paper ISBN 9781587790362 19-3/4" x 26" styrene plastic - latex free ISBN 9781587796838 18" x 25" 3-D PVC plastic ISBN 9781587790386 giant size 42" x 62" tear resistant lightweight plastic with grommets at top ISBN 9781587799815 20" x 26" heavy weight paper laminated with grommets Spanish ISBN 9781587799969 20" x 26 heavy weight paper Spanish ISBN 9781587799952

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## Customer Reviews

A classic biomedical illustration I keep in the gym. I refer to this poster for its accuracy, clarity and to better understand the muscle structure being worked. Many of my workouts refer to specific muscle groups and this Muscular System chart allows me to better understand what I am working on. Highly recommend for the personal gym.

The chart helped me greatly while studying muscular-skeletal anatomy. However, it was not fun,

and was time consuming, even a little confusing to keep looking at the listing on the corners of the chart to match the numbers with the names. I would have preferred to buy the bigger (life size) chart and see all the names of the muscles on top of each muscle.

For anyone working in bodywork, such as massage therapists, fitness instructors, physical therapists, and other health workers, the muscular system chart is an essential tool to have in order to be able to clearly show the client or patient exactly what muscles are involved in their bodywork or treatment. This visual aid shows where the muscle is in relation to other muscles and, thus, is useful in understanding the interaction of the muscles with other muscles as well as ligaments, tendons, and joints. The chart is very detailed and shows deep as well as superficial muscles. It's also a great learning tool for body workers as well as their clients.

I love this highly-detailed chart of the muscular system. I love how it shows the tear-aways or the multidimensionality of some of the muscles in the interior abdomen as well as the pec minor and others. In my opinion it's a must-have for any personal trainer or rehabilitative therapist.

I am a pre-med student and this poster really helped me throughout my Anatomy & Physiology courses. Awesome detail! If you are a pre-med student or already in medical school, I highly recommend this!

I ordered this poster along with a full sized skeleton and skeletal poster in 's +3 recommendation. I find it to be a small poster on thin paper and definitely not worth \$18. It does depict the muscular system, but honestly I was expecting something bigger and of better quality. It came bunged up too. For everything one star.

I agree with those who say this can be a wonderful motivator when you are working out. I have had mine for years, but I still stare at it. I have it in my 'exercise dungeon,' where my weight machine, free weights and treadmill are (and my boyfriend's rowing machine, weight bench and stationary bike!), but I am affected by it even when I am outside running, which is my favorite thing to do. When you are familiar with your musculature, you can feel those shapes as they warm, exert, pump up and burn. It's what they were meant to do. Endorphins come pouring forth. I love feeling the outlines of each muscle. I visualize it getting a workout, and I have no doubt that it gets a better workout because I am conscious of it. I am 64, and I have a pretty hot bod, if you squint.

This poster arrived really quickly, but it was badly bent and creased. Leaves me really disappointed. The other charts in the package weren't damaged at all, so I'm wondering if I got sent a second hand chart or one used in a shop display.

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