

Minnesota author Mark Meissner inks 'helpful exercise tool'

Author Mark Meissner shares a helpful tool for readers in his book Major Muscle Exercises.

CHASKA, MINN. -- , UNITED STATES, November 15, 2014 /EINPresswire.com/ -- CHASKA, Minn. -- Author Mark Meissner shares a helpful tool for readers in his book "Major Muscle Exercises".

In his pictorial anatomy and exercise guide, Meissner provides readers a tour of 141 major muscle exercises of the body complete with anatomical illustrations and exercise demonstrations.



"Resistance exercise is such an important component for preventative health maintenance. I wanted to provide an educational tool for people of all ages, from all walks of life and various fitness levels to be able to reference to learn what the major muscles of the body are and what exercises to perform as they begin to incorporate an exercise lifestyle for the various preventive health benefits," shares Meissner.

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Mark Meissner, Author

Published by Tate Publishing and Enterprises, the book is available through bookstores nationwide, from the publisher at www.tatepublishing.com/bookstore, or by visiting

barnesandnoble.com or amazon.com.

Mark Meissner is the owner of Fit Anatomy™ in Minnesota where he originally developed and copyrighted his own muscle and exercise posters that show male and female anterior and posterior muscles and their exercises. He received his Associate Degree from Normandale College and has been working as a Certified Personal Fitness Trainer for the American Council for over twelve years. He has earned continuing education credits in Active Isolated Stretching, Effective Strength Training, Winning Sports Nutrition, Kinetic Anatomy, Client-Centered Exercise Prescription, and dumbbell training. With 20 plus years of experience in natural steroid-free bodybuilding for preventive health maintenance, he specializes in natural bodybuilding and body sculpting training with the aim of helping clients achieve optimum fitness and experience the muscle development and redevelopment, firming, shaping and toning, as well as their weight loss and weight management goals. Mark is a Christian divorcee and has two children and three grandchildren. He enjoys camping, hiking, and

skiing during his free time.

For more information or interview requests please contact Michelle Whitman, publicist, at (405) 458-5642 or send an email to michelle@keymgc.com.

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