



Strength Training Anatomy

By Frederic Delavier

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Strength Training Anatomy By Frederic Delavier

Combines the most effective exercises for all the major muscle groups with detailed, full colour illustrations of the muscles used during the exercises.

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Editorial Review

From the Publisher

"Without question, this book is a must for anyone interested in strength training or in teaching strength training. No other book more clearly represents the functional anatomy of nearly every resistance training exercise. The illustrations are highly detailed and the material is accurate. This book will spend very little time on your bookshelf because you will constantly be referring to it."

David R. Pearson, PhD, CSCS Associate Professor of Exercise Physiology Ball State University, Muncie, IN

About the Author

The former editor-in-chief of the French magazine PowerMag, Frédéric Delavier is currently a journalist for the French magazine Le Monde du Muscle and a contributor to several other muscle publications, including Men's Health Germany.

Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious Ecole des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine.

Delavier won the French power-lifting title in 1988 and makes annual presentations on the sports applications of biomechanics at conferences in Switzerland. His teaching efforts have earned him the Grand Prix de Techniques et de Pédagogie Sportive. Delavier lives in Paris, France.

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