

# Strength Training Anatomy - 2nd Edition

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Discover for yourself the magic of Strength Training Anatomy, one of the best-selling strength training books ever published!

Get an intricate look at strength training from the inside out. Strength Training Anatomy, with over 850,000 copies already sold, brings anatomy to life with more than 400 full-color illustrations. This detailed artwork showcases the muscles used during each exercise and delineates how these muscles interact with surrounding joints and skeletal structures. Like having an X-ray for each exercise, the information gives you a multilateral view of strength training not seen in any other resource.

This updated bestseller also contains new information on common strength training injuries and preventive measures to help you exercise safely. Chapters are devoted to each major muscle group, with 115 total exercises for arms, shoulders, chest, back, legs, buttocks, and abdomen.

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 École des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine.

Delavier won the French powerlifting 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.

For the text

"An excellent guide to the muscular benefits of weight training exercises."

American Health and Fitness Magazine (review of first edition)

#### Other Books

101 Fitness Myths, 101 Fitness Myths is NOT another "6 minutes abs" or "drop 14 lbs in 30 days" book, nor does it follow the latest fitness fad, but it is a unique fitness book for everyone - whether you're new to the gym or have been working out religiously for years and are frustrated by lack of results. This book is about individual empowerment. You don't need an expensive personal trainer or fancy machines, just dedication, basic equipment, and the solid scientifically based information in this book. The book tackles such common fitness myths as: -Weight training to get big, cardio to get lean? -Are there cutting exercises? Bulking exercises? Do high reps burn more fat? -Do women need different exercises than men? Which supplement fights cellulite? -Are there any any supplements worth buying? -What is the best exercise for the abs? Hint: It is not the crunch. This is the book I wish I'd had when I began weight training twenty years ago. It would have saved me so much time and frustration.

1 1 1 1 1 . Good history of HIT, with emphasis on the recovery aspect of training Delavier,

Download Book Strength Training Anatomy - 2nd Edition BY Delavier, Frederic

Frederic. Strength Training Anatomy , second edition . Champaign, Ill: Human Kinetics, 2005. One of the most detailed anatomy books with regard to strength ..."