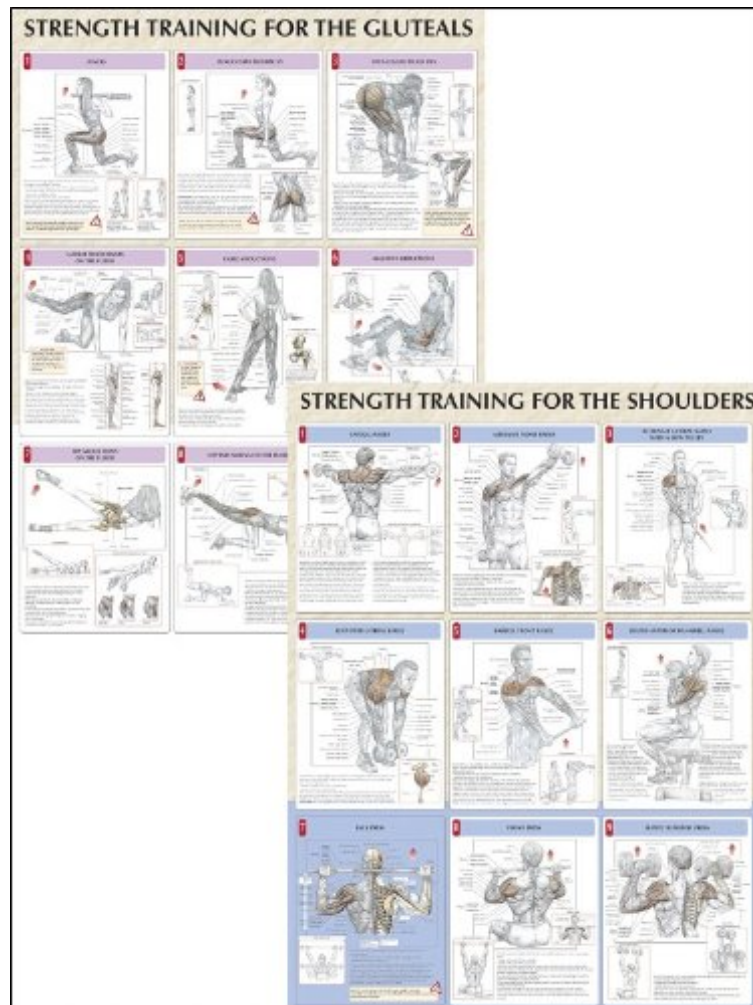


Strength Training Anatomy Poster Series

Frederic Delavier

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#610570 in Books Human Kinetics 2005-03-31Original language:English 37.00 x 4.00 x 4.00l, Binding: Poster1 pagesMPN: 9780736059312Authentic Human Kinetics product!Made in the United States | File size: 71.Mb

Frederic Delavier : Strength Training Anatomy Poster Series before purchasing it in order to gage whether or not it would be worth my time, and all praised Strength Training Anatomy Poster Series:

0 of 0 people found the following review helpful. Still the Standard for Weight Training PostersBy CustomerTo quote an earlier review from 2008, "...The incredible artwork from illustrator Frederic Delavier's best selling Strength Training Anatomy book repurposed as a series of 7 high-quality posters. A fantastic resource for the gym or weight room!...". This short review really sums up this product. It is great reference material for you to have in your gym. Delavier's books probably contain more detailed information, but I would not know for sure since I have not actually read them. However, if you just want to get down to work on the body parts you want, with minimal fuss, these laminated charts are it. I have them in my personal gym, and they are informative and motivational. They are also

interesting for kids who are studying anatomy in high school...My only gripes are that the official description does not make clear you are getting 7 laminated posters, covering the different sections of the body (legs, chest, shoulders, arms, etc.). 7 for about \$10 each. Trust me, it's a bargain. My other gripe is that the poster dimension is non-standard: 23.5 x 31.5 inches. In order to fit into standard (and cheap) poster frames, you can either trim the sides so much that the posters look too cropped, or you can buy an oversized poster frame and cut it down to size. They should have just made the posters slightly bigger, or smaller. Small issues, for an otherwise great product.0 of 0 people found the following review helpful. Strength Training Anatomy Posters - Great for a workout roomBy OfflixI really loved the information and artwork provided in these strength training anatomy posters. It is great to visualize the muscle movements before doing an exercise. This information provided is very basic and you may already know it, but the posters are a great addition to a home workout room.I can also see this being useful if you have teens or young adults who are starting to workout for the first time.It is really great to have something covering the walls that is workout related.Positives -1.) The artwork/illustrations by Frederic Delavier are wonderful2.)The posters are laminated, so you don't have to worry about them falling apart after a few months.Negatives -1.) Basic, but useful information provided on posters2.) The posters are rolled up tightly, so it does take some time to straighten them out0 of 0 people found the following review helpful. The quality of the graphics is amazing and detail of the anatomy is awesomeBy KathyThe quality of the graphics is amazing and detail of the anatomy is awesome. Great posters to hang on the wall in a home gym. Biggest drawback in the unusual size of the posters which makes it difficult to find a frame that fits them.

Using the same masterful anatomical artwork that helped the Strength Training Anatomy and Women's Strength Training Anatomy books sell over 1,000,000 copies combined in the United States, the Strength Training Anatomy Poster Series consists of seven 24- x 31-inch full-color posters that fully illustrate every major muscle group. The seven posters can be ordered individually or as a full set. Each region-specific poster--back, arms, shoulders, chest, abdomen, gluteals, and legs--presents nine exercise illustrations that depict the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. Presenting more than 63 exercises in total, these posters serve as blueprints for strength trainers, bodybuilders, and professionals who wish to work each muscle group safely and maximize the benefits of every workout.

About the Author The former editor in chief of the French magazine PowerMag, Frederic 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. He is the author of the bestselling Strength Training Anatomy and Women's Strength Training Anatomy, which have sold a combined over 640,000 copies in the United States and have been translated into 15 languages.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 Faculty of Medicine.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.