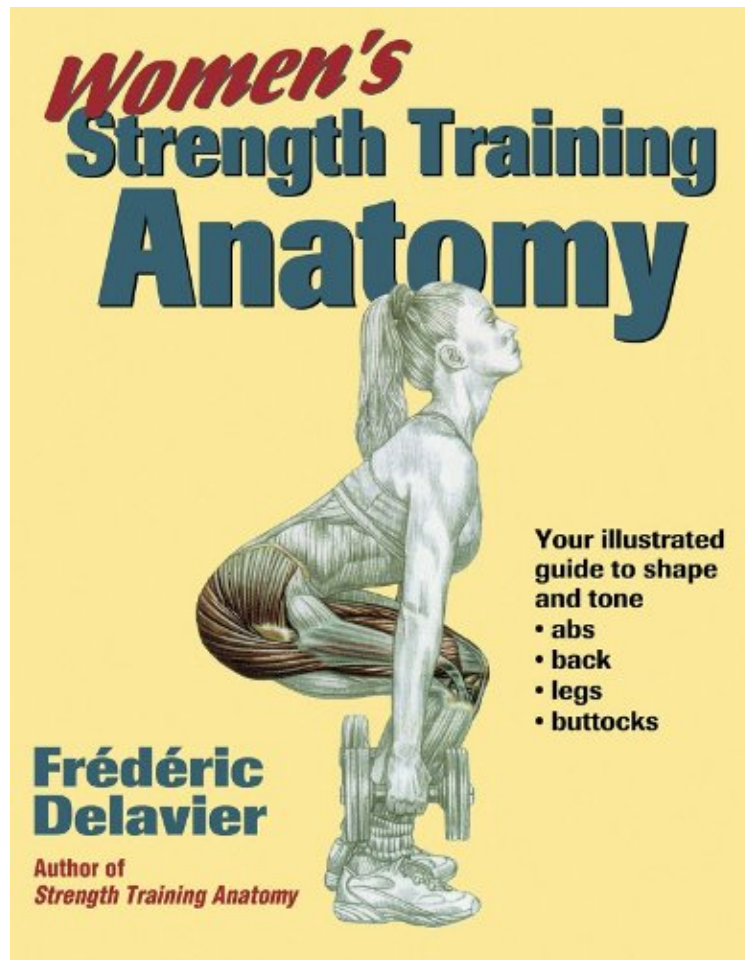


Women's Strength Training Anatomy

Frederic Delavier

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

0 of 0 people found the following review helpful. I'm so happy I bought this book!By Karri FiegleinI'm so happy that a trainer at the YMCA recommended this! I especially love the variations on the machines that can work different areas of the body. This is very informative and the layout is terrific. I'm now taking it to the Y and sharing it with friends who are also ordering it.0 of 0 people found the following review helpful. Good BookBy NitaAgain another good addition for my fitness collection. This is a really good by for women who are just getting started or for women who exercise regularly, but do not know how to build a good routine for our troubled areas. Or basically to have more knowledge about what they are doing and how to do it right.0 of 0 people found the following review helpful. Reading this book is like having your own personal trainer!By Ms. High Standards ConsumerI'm a visual learner and this book shows the muscles being targeted in color so one can visualize while working a specific muscle. It shows how to work

the muscle on a machine in the gym, and/or with a simple workout aid like a rubber band or a staff, and/or at home with no machines or props whatsoever, so it's perfect for whatever workout situations you have. I love how the author explains the benefits of each illustrated exercise and warnings about what not to do during an exercise and why. I love how he explains different variations on the exercises and their benefits. Great book for even novice strength trainees. To be conservative, begin with fewer reps and lower weights/resistances and gradually work up, resting the muscles worked every other day.

With information on strengthening and toning the legs, buttocks, abs, and back, *Women's Strength Training Anatomy* provides full-color, detailed anatomical illustrations of exercises for these hard-to-shape areas. What makes this book unique is that readers can see the muscles at work during each exercise, like an X ray of the body in motion. Are there definite anatomical differences in the way men and women should build their bodies? According to the best-selling author and illustrator of *Strength Training Anatomy*, the answer is an overwhelming yes! Exercise variations based on a woman's unique anatomical features are also covered, helping to isolate muscles and make each exercise more effective. Make your workouts work harder for you! If you work out to strengthen and shape your body or if you help women get stronger and more defined, this is one book you need for understanding the female form and getting the most from your exercises.

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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*. Author and illustrator of the best-selling *Strength Training Anatomy*, 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 Facult de Mdicine*. Delavier won the French powerlifting title in 1988 and makes annual presentations on the sport applications of biomechanics at conferences in Switzerland. His teaching efforts have earned him the *Grand Prix de Techniques et de Pdagogie Sportive*. Delavier lives in Paris, France.