

PDF Kindle Strength Training Anatomy by Frederic Delavier

Strength Training Anatomy

By: Frederic Delavier

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Over two million people have turned to Strength Training Anatomy for an inside look at how the body performs during exercise. Now with new exercises, stretches, and exercise variations, and with more of Frdric Delaviers signature art, the fourth edition of this classic work sets the standard by which all other strength training resources will be judged.No other resource combines the visual detail of top anatomy texts with expert strength training advice. Over 700 anatomical illustrations, including 90 new to this edition, depict 231 exercises and variations to reveal the primary muscles involved as well as all the relevant surrounding structures, including bones, ligaments, tendons, and connective tissue.Like having an X-ray for each exercise, the anatomical depictions show both superficial and deep layers and detail how various setup positions affect muscle recruitment and emphasize underlying structures. New to this edition are stretching exercises, safety and injury callouts, and training recommendations based on body morphology.Author and illustrator Frdric Delavier is known across the world for his signature artwork and books that have been translated into over 30 languages. Now he offers you the most comprehensive edition of his master work yet with Strength Training Anatomy, Fourth Edition.

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