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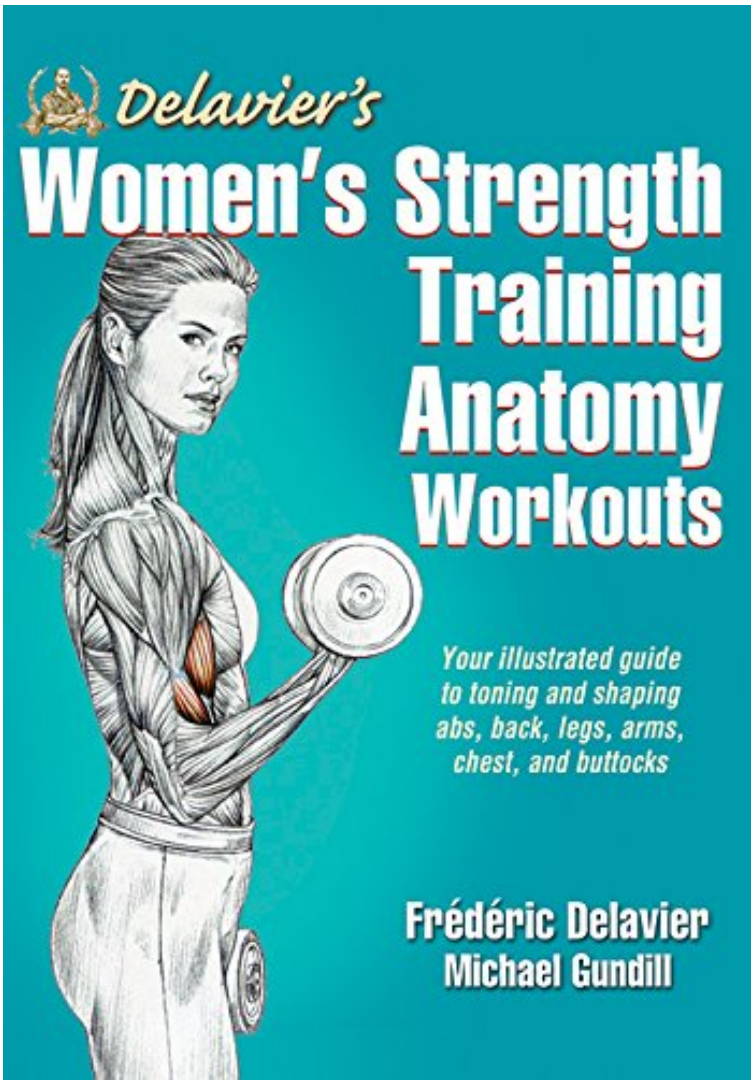
Delavier's Women's Strength Training Anatomy Workouts



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

Description :

Prsentation de l'diteurDelaviers Womens Strength Training Anatomy Workouts delivers the exercises, programming, and advice you need for the results you want. Based on the anatomical features unique to women, this new guide sets the standard for womens strength training.290 full-color illustrations allow you to see inside 157 exercises and 49 programs for strengthening, sculpting, and developing your arms, chest, back, shoulders, abs, legs, and glutes.Step-by-step instructions work in tandem with the anatomical illustrations to ensure understanding of maximizing the efficiency of each exercise. Youll see how muscles interact with surrounding joints and skeletal structures and learn how variations of movements can isolate specific muscles and achieve targeted results.Delaviers Womens Strength Training Anatomy includes

proven programming for reducing fat, adding lean muscle, and sculpting every body region. Whether youre beginning a program or enhancing an existing routine, working out at home or at the gym, its all here and all in the stunning detail that only Frdric Delavier can provide.The former editor in chief of PowerMag in France, author and illustrator Frdric Delavier has written for Le Monde du Muscle, Mens Health Germany, and several other publications. His previous publications, including Strength Training Anatomy and Womens Strength Training Anatomy, have sold more than 2.5 million copies.Prsentation de l'diteurDelaviers Womens Strength Training Anatomy Workouts delivers the exercises, programming, and advice you need for the results you want. Based on the anatomical features unique to women, this new guide sets the standard for womens strength training.290 full-color illustrations allow you to see inside 157 exercises and 49 programs for strengthening, sculpting, and developing your arms, chest, back, shoulders, abs, legs, and glutes.Step-by-step instructions work in tandem with the anatomical illustrations to ensure understanding of maximizing the efficiency of each exercise. Youll see how muscles interact with surrounding joints and skeletal structures and learn how variations of movements can isolate specific muscles and achieve targeted results.Delaviers Womens Strength Training Anatomy includes proven programming for reducing fat, adding lean muscle, and sculpting every body region. Whether youre beginning a program or enhancing an existing routine, working out at home or at the gym, its all here and all in the stunning detail that only Frdric Delavier can provide.The former editor in chief of PowerMag in France, author and illustrator Frdric Delavier has written for Le Monde du Muscle, Mens Health Germany, and several other publications. His previous publications, including Strength Training Anatomy and Womens Strength Training Anatomy, have sold more than 2.5 million copies.Biographie de l'auteurFrdric Delavier is a gifted artist with an exceptional knowledge of human anatomy. The former editor in chief of the French magazine PowerMag, he is the author of the best-selling Strength Training Anatomy, Women s Strength Training Anatomy, The Strength Training Anatomy Workout, Delavier's Core Training Anatomy, and Delavier's Stretching Anatomy. Michael Gundill has written 13 books on strength training, sport nutrition, and health, including coauthoring The Strength Training Anatomy Workout and The Strength Training Anatomy Workout II. His books have been translated into multiple languages, and he has written over 500 articles for bodybuilding and fitness magazines worldwide, including Iron Man and Dirty Dieting.