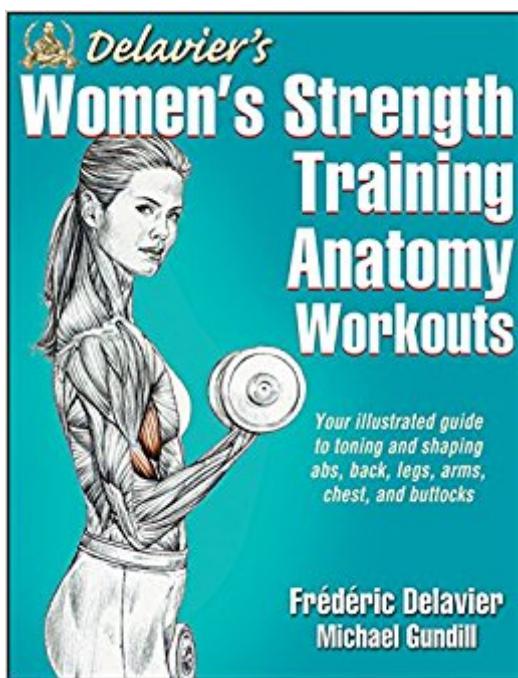


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# Delavier's Women's Strength Training Anatomy Workouts



## Synopsis

Delavier's Women's 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 women's 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. You'll see how muscles interact with surrounding joints and skeletal structures and learn how variations of movements can isolate specific muscles and achieve targeted results. Delavier's Women's Strength Training Anatomy includes proven programming for reducing fat, adding lean muscle, and sculpting every body region. Whether you're beginning a program or enhancing an existing routine, working out at home or at the gym, it's all here and all in the stunning detail that only Frédéric Delavier can provide. The former editor in chief of PowerMag in France, author and illustrator Frédéric Delavier has written for *Le Monde du Muscle*, *Men's Health* Germany, and several other publications. His previous publications, including *Strength Training Anatomy* and *Women's Strength Training Anatomy*, have sold more than 2.5 million copies.

## Book Information

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Training Anatomy Workouts More than 150 exercises and 49 programs! Step-by-step instructions work in tandem with the anatomical illustrations to ensure understanding of maximizing the efficiency of each exercise. You'll see how muscles interact with surrounding joints and skeletal structures and learn how variations of movements can isolate specific muscles and achieve targeted results.

Gain a Whole New Understanding of How Muscles Perform During Strength Exercises [View larger](#) [View larger](#) [View larger](#) [View larger](#)

Over 2.5 Million Delavier Books Sold Explore the full library of anatomy titles by Frédéric Delavier and Human Kinetics. Each book features full-color illustrations and authoritative advice to help you reach your training goals. [View larger](#)

Frédéric 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. The former editor in chief of the French magazine PowerMag, Delavier wrote for several fitness publications, including the French magazine Le Monde du Muscle, Men's Health Germany, and Ironman. 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. Delavier won the French powerlifting title in 1988 and gives worldwide presentations on the sport applications of biomechanics. His teaching efforts have earned him the Grand Prix de Techniques et de Pédagogie Sportive. Delavier lives in Paris, France. 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. In 1998 he won the Article of the Year Award at the Fourth Academy of Bodybuilding Fitness & Sports Awards in California. Gundill started weightlifting in 1983 in order to improve his rowing performance. Most of his training years were spent completing specific lifting programs in his home. As he gained muscle and refined his program, he began to learn more about physiology, anatomy, and biomechanics and started studying those subjects in medical journals. Since 1995 he has been writing about his discoveries in various bodybuilding and fitness magazines worldwide.

This is by far my favorite strength training book that I have read or that I own. One of the most popular reviews of this book lambasts it for being more or less sexist and condescending. You know, as a woman who does consider herself a feminist, I actually have to respectfully disagree with that assessment. Having read the passages in question, the authors do mention that they can point you to exercises to do if the appearance of wearing high heels without actually having to do it is your goal, or to exercises that would produce a more natural spine alignment. It seemed to me more about giving options based on opinions about aesthetics. For me, personally, I think feminism shouldn't have to exclude any idea about wanting to be attractive to prospective or current mates. I've been married nearly 13 years, and I'm going to be 40 in less than 2 months, and recently my hubby told me he thought I looked stunning. I'm not going to lie, I loved that, because it matters to me that my mate finds me attractive and at my age, I don't take those kind of compliments for granted anymore. And I believe strength training has a vital role in that. It also helps me to de-stress and maintain my health goals. And that, if anything, would be my one criticism of this book, but I think it applies to many of the fitness books on the market. I think more of the emphasis should be on health. Looking the best a person can brings confidence, but age will usually remove one by one the things our society values as attractive. But higher levels of physical fitness are great for maintaining health and well being. Also, other reviewers have noted that this book heavily encourages gym equipment over free weights. This is certainly true, however, it does explain in great detail how to do all of the exercises with free weights if this is your choice, as it is mine. Owing to the personal circumstances of our family, working out at a gym doesn't work for me. Because I recognize that they recommend the gym equipment usually because it comes with a decreased risk of injury for beginners, I wasn't personally bothered by their repeated advice on that, especially since the explanations for the free weights was quite well done. Overall, I think this is an excellent book for women who are interested in strength training.

This book totally revamped my workout routine. Love it.

This is a very informative book if you want to strengthen every muscle group in the body. It's detailed pictures and text tell you everything you need to know, using free weights and machines. It emphasizes proper form and diagrams exactly what muscles are working. It's a great read and reference for any age or fitness level.

Great book with helpful progressive workouts

Interesting book!

Great information. Ju

A+

This is the best book I have ever read about bodybuilding, everything you need is here, now I just need to put in practice what I read, very easy to read, I wish it came with the video of a body building routine

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