



Delavier's Women's Strength Training Anatomy Workouts

Frederic Delavier, Michael Gundill

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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.

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