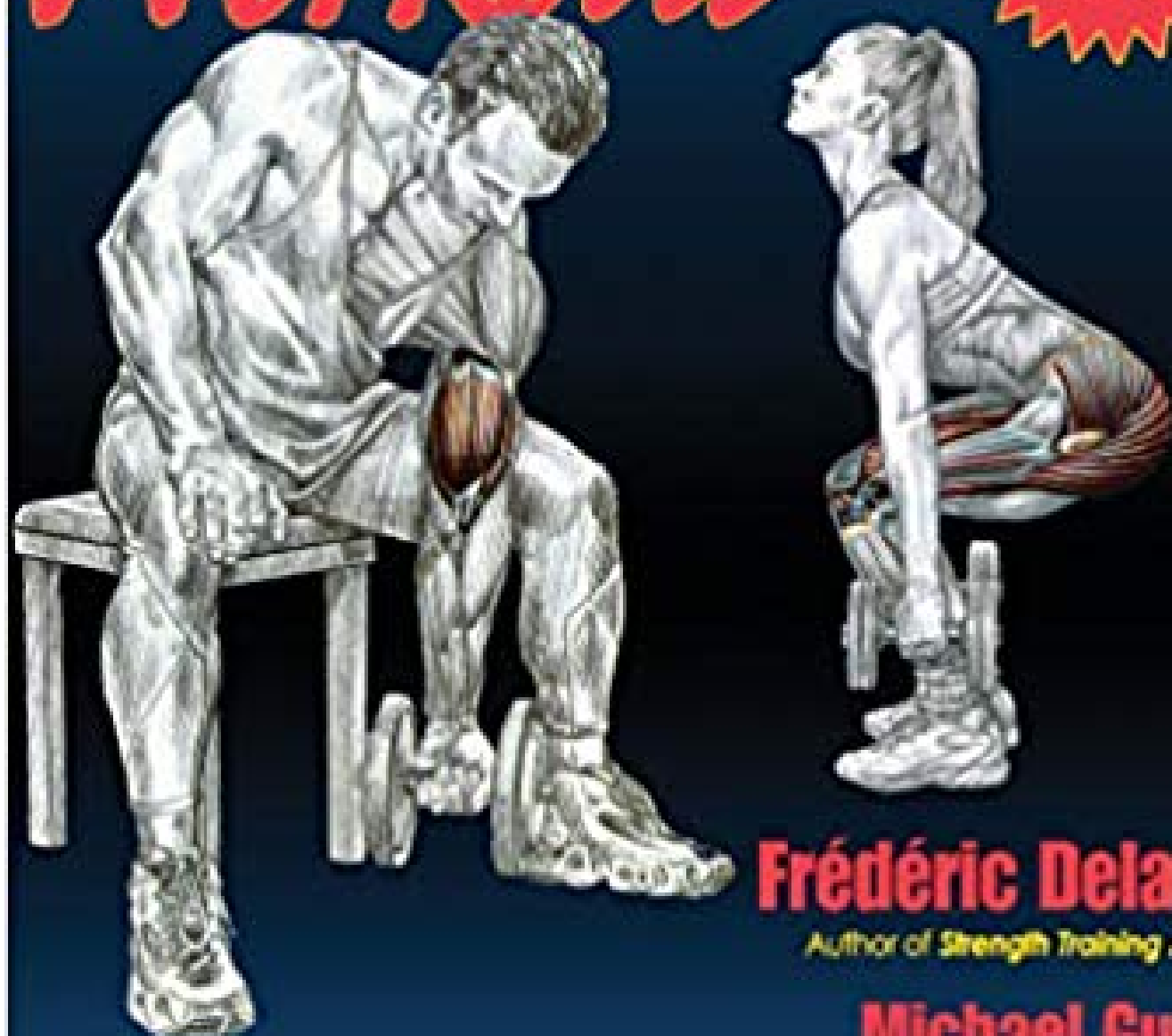


The **Strength Training** **Anatomy** *Workout*

More than
200 exercises
and
50 programs!



Frédéric Delavier

Author of Strength Training Anatomy

Michael Gundill

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**The Strength Training Anatomy Workout: Starting
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Over one million readers have turned to Strength Training Anatomy for strength training's most effective exercises. Now place those exercises to do the job with The Strength Training Anatomy Workout. The WEIGHT TRAINING Anatomy Workout is normally your guidebook to creating the body and the results you want. Strengthen legs and arms; . increase hip versatility . it's all here, and all in the beautiful detail that only Frédéric Delavier can provide! sculpt chest, back, and core; His earlier publication, Strength Training Anatomy, has sold more than one million copies. boost muscle mass; firm glutes; Over 150 full-color illustrations permit you to obtain inside a lot more than 200 exercises and 50 workout routines to see how muscles interact with encircling joints and skeletal structures. You'll also discover how variations, progressions, and sequencing can affect muscle tissue recruitment, the underlying structures, and ultimately the outcomes. The WEIGHT TRAINING Anatomy Workout includes tested programming for power, power, bodybuilding, and toning that can be used in a fitness center or at home. You will discover targeted conditioning routines for optimal performance in more than 30 sports, including basketball, football, soccer, track and field, and golfing. Former editor in chief of PowerMag in France, author and illustrator Frédéric Delavier is usually a journalist for Le Monde duMuscle and a contributor to Men's Health Germany and many other strength publications. .



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