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Strength Training Anatomy 3rd Edition

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Strength Training Anatomy (Third Edition) / Edition 3 by ...

I owned the first edition of Strength Training Anatomy (blue cover) for nearly 15 years and I've been recommending this book to my clients for that long as well. I decided to pick up the new 3rd edition (red cover) to update my library and also to write this review.

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Strength Training Anatomy, 3rd Edition, is a reference book--it's got really cool drawings with tips for common techniques at the gym. It's no-nonsense and great for weight-lifters who have a great routine already but want to optimize it, or for the intellectual athlete who wants to gain a greater understanding of muscles in motion.

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[PDF] Strength Training Anatomy Book by Frederic Delavier ...

Strength Training Anatomy 3 rd Edition is a great book to have around the house. Not only does this book do a great job of educating a person on the anatomy of the musculoskeletal system, but it also does a great job of providing a wide variety of excellent exercises (machines, free weights, and body weight exercises alike) that work specific muscle groups.

Book Review: Strength Training Anatomy 3rd Edition

Discover for yourself the magic of Strength Training Anatomy, one of the best-selling strength training books ever published! Get an intricate look at strength training from the inside out. Strength Training Anatomy, with over 850,000 copies already sold, brings anatomy to life with more than 400 full-color illustrations.This detailed artwork showcases the muscles used

Strength Training Anatomy by Frédéric Delavier

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