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Delavier's Core Training Anatomy – Human Kinetics
Frédéric 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

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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.

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Delavier's Core Training Anatomy makes a perfect companion to the best-selling Strength Training Anatomy. The ideal visual supplement is accompanied by Frédéric Delavier's signature illustrations and features 362 full-color photos of over 100 exercises and 60 sample programs, including those for strength and athletic performance.

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Love the Delavier training books. However the core training fell short of it's other books, such as strength training anatomy. The breadth of exercises seemed too narrow. Also, the anatomical drawings that are a hallmark of this series of books, and which help me more than looking at real time photos, were not as frequently utilized for this book.

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He is the author of the best-selling Strength Training Anatomy, Women's Strength Training Anatomy, The Strength Training Anatomy Workout, and Delavier's Stretching Anatomy. Delavier won the French powerlifting title in 1988 and makes annual presentations on the sport applications of biomechanics at conferences in Switzerland.

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