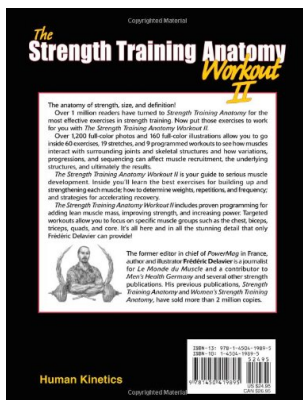


[PDF] Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout)

Frederic Delavier, Michael Gundill - pdf download free book



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Description:

The anatomy of strength, size, and definition!

Over 1 million readers have turned to *Strength Training Anatomy* for the most effective exercises in

strength training. Now put those exercises to work for you with *The Strength Training Anatomy Workout, Volume II*.

Over 500 full-color photos and 485 full-color illustrations allow you to go inside 60 exercises, 19 stretches, and 9 programmed workouts to see how muscles interact with surrounding joints and skeletal structures and how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results.

The Strength Training Anatomy Workout, Volume II, is your guide to serious muscle development. Inside you'll learn the best exercises for building up and strengthening each muscle; how to determine weights, repetitions, and frequency; and strategies for accelerating recovery.

The Strength Training Anatomy Workout, Volume II, includes proven programming for adding lean muscle mass, improving strength, and increasing power. Targeted workouts allow you to focus on specific muscle groups such as chest, biceps, triceps, quads, and core. It's all here and in all the stunning detail that only Frédéric Delavier can provide!

The former editor in chief of *PowerMag* in France, author and illustrator Frédéric Delavier is a journalist for *Le Monde du Muscle* and a contributor to *Men's Health* Germany and several other strength publications. His previous publication, *Strength Training Anatomy*, has sold more than 1 million copies.