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Author and illustrator of the best-selling Strength Training Anatomy, Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious Ecole des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculty of Medicine.

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The Open Educator - Ergonomics

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.

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Strength Training Anatomy is a book of anatomy written by Frederic Delavier which is one of the most essential books if you are focusing on the anatomical aspects that play a crucial part in the development of muscles. Understanding that would help you in becoming a gym trainer or would even help you in doing better and effective exercises.

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Bodyweight Strength Training Anatomy: Contreras, Bret ...

Science & Math Book Summary: The title of this book is Strength Training Anatomy, 3rd Edition and it was written by Frederic Delavier.

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