



## Strength Training Anatomy Poster Series

By Frederic Delavier

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### Strength Training Anatomy Poster Series By Frederic Delavier

Using the same masterful anatomical artwork that helped the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books sell over 1,000,000 copies combined in the United States, the *Strength Training Anatomy Poster Series* consists of seven 24- x 31-inch full-color posters that fully illustrate every major muscle group. The seven posters can be ordered individually or as a full set.

Each region-specific poster--back, arms, shoulders, chest, abdomen, gluteals, and legs--presents nine exercise illustrations that depict the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. Presenting more than 63 exercises in total, these posters serve as blueprints for strength trainers, bodybuilders, and professionals who wish to work each muscle group safely and maximize the benefits of every workout.

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The former editor in chief of the French magazine *PowerMag*, **Frédéric Delavier** is currently a journalist for the French magazine *Le Monde du Muscle* and a contributor to several other muscle publications, including *Men's Health Germany*. He is the author of the bestselling *Strength Training Anatomy* and *Women's Strength Training Anatomy*, which have sold a combined over 640,000 copies in the United States and have been translated into 15 languages.

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 Faculté de Médecine.

Delavier won the French powerlifting title in 1988 and makes annual presentations on the sports applications of biomechanics at conferences in Switzerland. His teaching efforts have earned him the Grand Prix de Techniques et de Pédagogie Sportive.

Delavier lives in Paris, France.

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