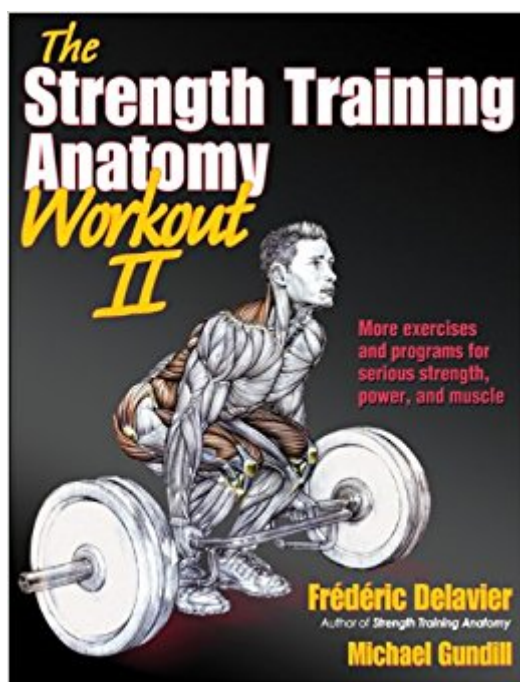


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# Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout)



## Synopsis

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.

## Book Information

Series: The Strength Training Anatomy Workout

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Frédéric Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious École des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine. The former editor in chief of the French magazine PowerMag, 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 best-selling Strength Training Anatomy and Women's Strength Training Anatomy. Delavier won the French powerlifting title in 1988 and makes annual presentations on the sport 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. Michael Gundill, MBA, has written 13 books on strength training, sport nutrition, and health. His books have been translated into multiple languages, and he has written over 500 articles for bodybuilding and fitness magazines worldwide, including Iron Man and Dirty Dieting. In 1998 he won the Article of the Year award at the Fourth Academy of Bodybuilding Fitness & Sports Awards in California. Gundill started weightlifting in 1983 in order to improve his rowing performances. Most of his training years were spent completing specific lifting programs in his home. As he gained muscle and refined his program, he began to learn more about physiology, anatomy, and biomechanics and started studying those subjects in

medical journals. Since 1995 he has been writing about his discoveries in various bodybuilding and fitness magazines all over the world.

None of the reviews thus far have addressed how *Strength Training Anatomy* and the *Strength Training Anatomy Workout* books differ, so you might be wondering which one to buy. *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. The *Strength Training Anatomy Workout* will teach beginners how to start and athletes how to optimize strength for their sport. It goes into breathing techniques while lifting, how many sets and reps one should perform, how often to work out, etc. Delavier and Gundill have lots of drawings, pre-planned routines including those to supplement other sports, and succinct advice to get the most out of every technique. Important to note, it focuses on working out with weights and resistance bands and eschews gym equipment. If you want to work out at home, it's great, if you want to join a gym, you'll need Volume II. *Strength Training Anatomy Workout Volume II* will show you how to make the most of the gym if you want some serious strength training. It has many different routines, the low-down on all the equipment you'll find at the gym, great advice on optimizing every technique, and even more drawings to help guide you to excellent technique. This is the book to get if you want to get into body building. Overall, these books are great. Delavier and Gundill translate their extensive anatomy and weight-lifting knowledge into language anyone can understand and information is succinct so reading's a pleasure. Do they work? I gained 15 lbs in 6 months after having plateaued with my previous, self-made routine.

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. This book's concept and contents have been imitated many times, but Delavier's is the original and the best. In a nutshell, *Strength Training Anatomy* is a book of expertly drawn illustrations of the human body (over 600) performing weight training exercises. The primary muscles being worked are colored in red and clearly labeled. The bones, muscle fibers and muscular attachments are also beautifully illustrated. The book is divided into seven sections: Arms, Shoulders, Chest, Back, Legs, Buttocks and Abdomen. No space is wasted with introductions - the book jumps right into arms in the opening pages. A page is devoted to each exercise, and a small amount of text accompanies each illustration, explaining proper form

and giving additional tips or precautions. Sidebars show exercise variations, start and finish positions and additional details (such as deep muscle anatomy with the exact muscle tendon insertions on the bone). The length is 192 pages, so it's not overwhelming - it's very digestible, yet it's also very thorough in terms of the number of exercises covered. All the major and important barbell and dumbbell exercises are included. In addition, you'll learn a variety of cable exercises and a handful of common and useful machine exercises. I don't think there's any reader from any demographic or experience level that won't benefit from owning this book. It will be appreciated by all ages and by men and women, especially since both male and female models are used in the illustrations. For beginners, this could be a training instruction "bible" for learning how to do the exercises properly and understanding exactly what muscles are working. Some people might suggest this book is only suited for the beginner, but I think advanced trainees and even fitness professionals will find this book valuable as a reference guide and may even want to keep it on their shelf within arms reach. This material is not just for bodybuilders, but as a bodybuilder myself, I think there is another potential benefit of this book that I haven't seen anyone else mention. Bodybuilders need to develop the ability to visualize muscle actions and learn how to enhance their mind to muscle connection. Studying the drawings and looking at the muscles engaged, the direction of the fibers and where they insert and attach could be a great tool to help with these mental skills. As for the 3rd edition, there is new material in this update, including much more content (it's longer, with more exercises). There are also new sections on stretching and avoiding common injuries. The publisher, Human Kinetics consistently puts out some great titles, and this is among the best of them. The book quality is excellent, including the cover, binding, paper, and again, the illustrations on every page are fantastic. The author is clearly a skilled artist who also has a medical-level understanding of the human body. Potential readers should know before buying, that this book does not contain workout programs - it focuses solely on individual exercise instruction and exercise anatomy. That doesn't detract from the value in my opinion, it actually helps keep this volume concise and focused on one thing: strength training exercises and anatomy. On that note, again, this is not a text-heavy book and while you do get an explanation and illustration of each exercise, you don't get in-depth written details on biomechanics and muscle actions. You're mainly getting exercise instruction and muscle anatomy lessons. Also, this IS an anatomy book, so if looking at body parts and human anatomy bothers you, then you might want to take a pass. (All body parts are depicted, in places). In summary, this book deserves its 5-star ratings, and its sales and longevity in the fitness book market are not surprising.

This book comes with Delavier's traditional detailed anatomical drawings of exactly which muscles are used in which workouts. It's organized into three parts. The first part gives a detailed description of how to create your own workout plan and everything to take note of, as well as all the different styles of workout plans. It's an excellent course for beginners just learning how to train. The second part includes descriptions of a number of different exercises, along with anatomical illustrations and tips for how to do the exercise, common errors, potential injuries, number of reps, etc. The third part includes a number of detailed workout plans, ranging from a beginners starting plan to more advanced plans for athletes in their individual sports. All in all, the Strength Training Anatomy Workout is a great way to get started with strength training or to refine your program and get a good idea of which exercises use which muscles.

Excellent visual representation of strength training exercises. With this book, you see the muscles involved in all of the commonly performed exercises. It's a great book that will help you identify for yourself where you should be feeling the muscle contract when doing the exercises. For that reason, this book is great when it comes to diagnosing whether you are performing an exercise correctly. The book is also well organized by muscle group so you could also use this to put a workout routine together. I really liked this text, so I recommend it.

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