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Training. The former editor in chief of Anatomy Third Edition PowerMag in France, author and illustrator Frédéric Delavier has written for Le Monde du Muscle, Men's Health Germany, and several other publications.

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Anatomy. Now

readers have

access to his

exercise

expertise and

trademark

illustrations

once again with

Delavier's

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250 full-color photos and 300 detailed illustrations, this guide depicts over 130 exercises to increase flexibility, tone muscles and reduce injury. All body regions are covered and sport-specific

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stretching
routines are
included.
Original.

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COMBINE TO
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MAXIMIZING YOUR
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TRAINING RESULTS

Picturing
hundreds of step-
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precisely which muscle groups are being built, stretched and sculpted in every workout. This extensive anatomy and fitness guide is the ultimate resource for creating smart, balanced fitness routines that

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Isolate and exercise hard-to-sculpt muscles •

Revolutionize your routine with

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moves for a full-
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training, you
will discover

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why strength bands are the ultimate tool for targeting, isolating, rehabilitating, and developing every major muscle group. The third edition includes a strength assessment index to measure

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chapters
addressing
training for
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Throughout. The book is organized to group exercises by upper and lower body strengthening, joint and muscle isolation, core stability, flexibility, and total body fitness. The full-color

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photos
throughout the
book showcase
both flat bands
and tubing. The
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