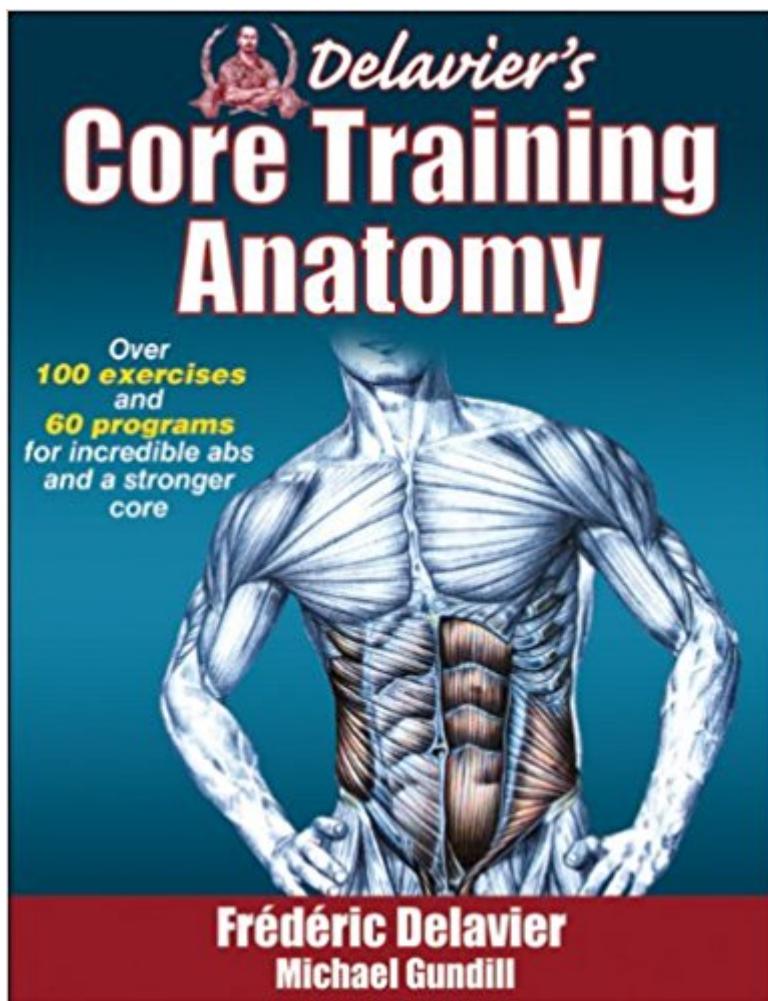


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# Delavier's Core Training Anatomy



## Synopsis

Delavier™s Core Training Anatomy is your guide for increasing core strength, stability, flexibility, and tone. Whether you're just beginning your routine or looking to enhance an existing conditioning program, Delavier™s Core Training Anatomy presents the most effective exercises and workouts for the results you want. It's all here, and all in the stunning detail that only Frédéric Delavier can provide. With 460 full-color photos and illustrations, you'll go inside over 100 exercises and 60 programs to see how muscles interact with surrounding joints and skeletal structures. You'll learn how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results. Delavier™s Core Training Anatomy includes proven programming for sculpting your abs, reducing fat, improving cardiovascular health, and relieving low back discomfort. Targeted routines are presented for optimal training and performance in more than 20 sports, including running, cycling, basketball, soccer, and golf. 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 publications, Strength Training Anatomy and Women's Strength Training Anatomy, have sold more than 2 million copies.

## Book Information

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## Customer Reviews

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, Women's Strength Training Anatomy, The Strength Training Anatomy Workout, and Delavier's Stretching 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 has written 13 books on strength training, sport nutrition, and health including co-authoring The Strength Training Anatomy Workout. 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 performance. 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.

I love all his books! I am a pretty heavy exerciser who does the whole yoga/nautilus/lots of cardio routine. I haven't seen any kind of improvements in years and had given up ever getting back my pre-baby body. Delavier's line of books are Godsend because they teach you what you are exercising, how to shape it with various exercises, and why you are doing it. With time you can turn back the clock!

This series of books are the best I have ever found for a comprehensive look at exercise, goals and specific target with a great deal of anatomical overlays that have helped me create the mind muscle connection I have sometimes missed. Liked it so much I am purchasing almost every single one in the series.

Love the Delavier training books. However the core training fell short of its other books, such as strength training anatomy. The breadth of exercises seemed too narrow. Also, the anatomical drawings that are a hallmark of this series of books, and which help me more than looking at real time photos, were not as frequently utilized for this book. I was disappointed. Still a good resource,

but not the best of the Delavier batch.

Great core training book. Frederic Delavier nails it with his series. I would highly recommend this book to all ages.

The only reason why I give this book a 4 is because There are many more core exercises that I would have liked seeing in this book. Otherwise this is a great book for someone who is ready to learn and get moving. This will help guide them and shows them step by step how to work all your core muscles.

The exercises, illustrations, and explanations are all very useful and useable. Of particular use are the small comment boxes that list the advantages, disadvantages, and (particularly) the risks associated with the exercises. The only reason I gave it 4 instead of 5 stars is there is no rating of each exercise as far as effectiveness. I have seen such rankings before, based on hard scientific measurements, but they've been small - only comprising a few exercises ( Wikipedia has such a list of 6 or 8 exercises, and also includes the risk factor).

I find the Delavier's books to be very informative to understand how the body works and what each particular exercise targets. The diagrams could be from a anatomy textbook. Really outstanding.

As someone who wants to head into the gym more AND is a pre-med student, this book is perfect. It has many workouts; both beginner and advanced, do's/don't of each exercise, and even a good amount of muscle anatomy diagrams that I have actually used in class!!

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