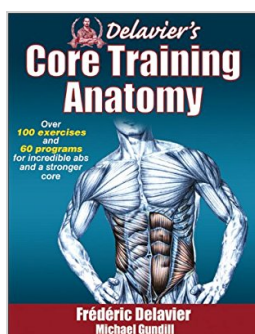


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Delavier's Core Training Anatomy

By Frederic Delavier, Michael Gundill

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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.

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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*, *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.

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