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The Strength Training Anatomy Workout by Fr é d é ric Delavier

Books by best-selling author Fr é d é ric Delavier have sold more than two million copies. His latest, The Strength Training Anatomy Workout III, is an advanced guide to the secrets of training. It will help you cross the plateau to achieve greater muscle development and gains.

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Strength Training Anatomy - Fr é d é ric Delavier

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From the author of the best-selling book Strength Training Anatomy (over 1 million copies sold) comes The Strength Training Anatomy Workout. Highlighted by Delavier ' s trademark illustrations and hundreds of full-color photos, this supplement offers 200-plus exercises and 50 programs for strength, power, sport performance, shaping, and toning.

Strength Training Anatomy Workout, The – Human Kinetics Europe

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Strength Training Anatomy Workout III, The – Human Kinetics

The Strength Training Anatomy Workout. The Strength Training Anatomy Workout \$ 59.00. Hardcopy Version 4 NETA CECs. Frederic Delavier. Over 600 illustrations reveal the primary muscles worked along with all the relevant surrounding structures. Includes book, workbook, and exam.

Delavier's Women's Strength Training Anatomy Workouts ...

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