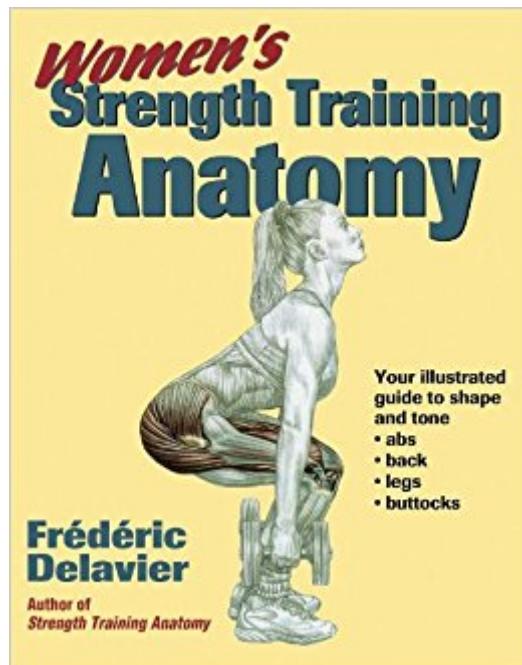


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# Women's Strength Training Anatomy



## Synopsis

With information on strengthening and toning the legs, buttocks, abs, and back, Women's Strength Training Anatomy provides full-color, detailed anatomical illustrations of exercises for these hard-to-shape areas. What makes this book unique is that readers can see the muscles at work during each exercise, like an X ray of the body in motion. Are there definite anatomical differences in the way men and women should build their bodies? According to the best-selling author and illustrator of Strength Training Anatomy, the answer is an overwhelming yes! Exercise variations based on a woman's unique anatomical features are also covered, helping to isolate muscles and make each exercise more effective. Make your workouts work harder for you! If you work out to strengthen and shape your body or if you help women get stronger and more defined, this is one book you need for understanding the female form and getting the most from your exercises.

## Book Information

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## Customer Reviews

Text: English (translation) Original Language: French

The former editor in chief of the French magazine PowerMag, Frédéric 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. Author and illustrator of the best-selling Strength Training Anatomy, Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious Ecole des

Beaux-Arts in Paris and studied dissection for three years at the Paris FacultÃ© de MÃ©decine. 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 PÃ©dagogie Sportive. Delavier lives in Paris, France.

Although it is a well-drawn book and has a lot of exercises for the glutes and legs, I must agree with most other commenters and add to the disdain. I have both this book and the regular Strength Training Anatomy (3rd Ed). I have three main complaints about this book: 1. Are women only supposed to be concerned with our lower bodies? I feel this is once again hitting on a stereotypical bias. I feel that yes, a lot of men are more concerned with the appearance and development of their upper body. But again, this is a stereotype and many men train legs and glutes just as much. Am I more concerned with developing my lower body, yes, but not to the complete exclusion of my upper body. I had to buy two books to get a complete guide of the WHOLE body. 2. In the beginning of Strength Training Anatomy there is a list of muscles and color coding that lines the outer edge of each page for each exercise. These oval colors tell you which muscle is being worked and in what order/extent. This has been excluded in the book for women. This key added to the ease and practical use for the first book. 3. Most of the exercises for women have a recommendation that only high repetitions should be used for each exercise. Once again this is a stereotype that women need to do more work to get muscle or lift lighter weights to stay "lean". Modern research has shown that although our chemistry and hormones are different, muscle is built best in a certain rep range (most studies confirm that 6-12 rep range is best for hypertrophy and anything above that is best for endurance). Yes higher rep ranges will still build muscle... eventually. But it is not the best for creating hypertrophy. Even though the author, himself, shows that there are three different body types for women which build muscle differently, yet he recommends the same outdated information for every woman in the rest of his book. Overall, the book is good to add a few more exercises for the lower body but expect outdated information and gender bias as you read. Not a complete waste but definitely an incomplete manual.

I'm so happy that a trainer at the YMCA recommended this! I especially love the variations on the machines that can work different areas of the body. This is very informative and the layout is terrific. I'm now taking it to the Y and sharing it with friends who are also ordering it.

Again another good addition for my fitness collection. This is a really good book for women who are just getting started or for women who exercise regularly, but do not know how to build a good routine for our troubled areas. Or basically to have more knowledge about what they are doing and how to do it right.

I'm a visual learner and this book shows the muscles being targeted in color so one can visualize while working a specific muscle. It shows how to work the muscle on a machine in the gym, and/or with a simple workout aid like a rubber band or a staff, and/or at home with no machines or props whatsoever, so it's perfect for whatever workout situations you have. I love how the author explains the benefits of each illustrated exercise and warnings about what not to do during an exercise and why. I love how he explains different variations on the exercises and their benefits. Great book for even novice strength trainees. To be conservative, begin with fewer reps and lower weights/resistances and gradually work up, resting the muscles worked every other day.

Great book. The break down of muscle groups and exercises for each is very informative.

After 13 years of personal strength training, I find that women are very skeptical of the activity's benefits for themselves and not willing to learn correct techniques for, or the specific muscles targeted by, a given exercise. Delavier's beautifully illustrated book should be carefully reviewed and frequently referenced by every woman who goes into a gym - even if the woman expects to only do cardio fitness activities. Delavier tries to show that women who practice correct strength training are only going to improve their beautiful female form.

Great book! I really enjoyed reading it, it provides very interesting information about the body's muscular system, it also provides a variety of exercises for each muscle group. The only downside to it, that it doesn't provide info about the arms !! I am surprised that's so! But other than that it's an interesting book for those interested about strength training, one of the best. It really gives you a good foundation and base for exercising.

This is a very well illustrated book on strength training anatomy. It has three strong points. (1) It is inexpensive. (2) It shows proper technique for common exercises in the gym that "mortal human beings" actually do. Many other books are designed with illustrations of Arnold Schwarzenegger-like bodies lifting free weights the size of train wheels. If you are interested in the "Schwarzenegger"

version of this book get a copy of "Strength Training Anatomy" by Delavier. It is the "male " companion book to this one. It can be downloaded free, on the web, if you do a little searching on Google. (3) The best part of this book is that is shows you what "not" to do. It gives illustrations and warnings about bad technique, and how you can get hurt.

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