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Fr é d é ric Delavier is a gifted artist with an exceptional knowledge of human anatomy.

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The former editor in chief of the French magazine PowerMag, he is the author of the best-selling Strength Training Anatomy, Women s Strength Training Anatomy, The Strength Training Anatomy Workout, Delavier's Core Training Anatomy, and Delavier's Stretching Anatomy.

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Love the Delavier training books. However
the core training fell short of it's other
books, such as strength training anatomy.

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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.

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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

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annual presentations on the sport
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