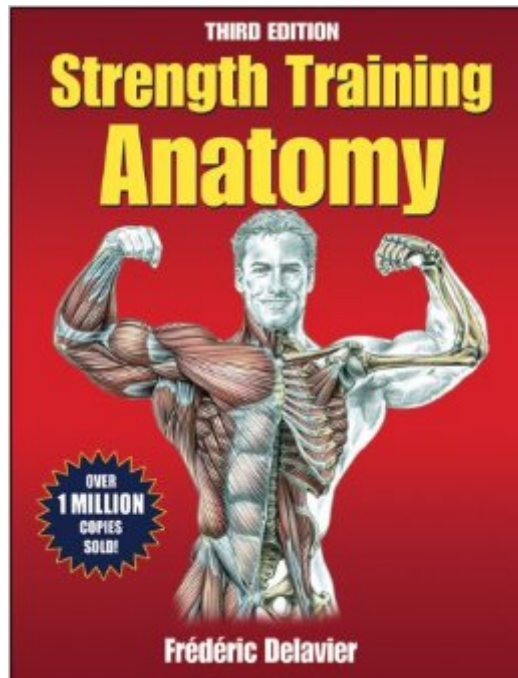


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# Strength Training Anatomy, 3rd Edition



## Synopsis

With new exercises, additional stretches, and more of Frédéric Delavier's signature illustrations, you'll gain a whole new understanding of how muscles perform during strength exercises. This one-of-a-kind best-seller combines the visual detail of top anatomy texts with the best of strength training advice. Many books explain what muscles are used during exercise, but no other resource brings the anatomy to life like Strength Training Anatomy. Over 600 full-color illustrations reveal the primary muscles worked along with all the relevant surrounding structures, including bones, ligaments, tendons, and connective tissue. Like having an X-ray for each exercise, the anatomical depictions show both superficial and deep layers and detail how various setup positions affect muscle recruitment and emphasize underlying structures. New pages show common strength training injuries in a fascinating light and offer precautions to help you exercise safely. Author and illustrator Frédéric Delavier is the former editor in chief of the French publication PowerMag. He is a journalist for Le Monde du Muscle and a contributor to Men's Health Germany and several other strength training publications.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (1,195 customer reviews)

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## Customer Reviews

I bought the 2nd edition of this book well over a year ago when I was on a working out kick.

Unfortunately life got in the way and I stopped going to the gym for several months, and even when I started back I only dabbled with cardio workouts. About 4 months ago I started back on weights and dug out this book. Prior to that I hadn't opened it. The book as it turns out had serious printing issues, making much of it unusable. It was long past the time frame in which I could have returned it

to so I contacted the publisher, Human Kinetics, instead. Their customer service was excellent! They were aware of a small number of mis-prints that fit my description and were more than happy to replace it. The CS person asked if it would be ok if the replacement was delayed a few weeks until the 3rd edition was available which greatly pleased me. I received the new book about a week ago and it was in perfect condition. Many thanks to the HK folks for their fine customer service! For those that don't already know what's in this book let me explain in detail. Everyone has seen the anatomy posters on the gym walls. The individual caricatures on the posters display a cut-away model of the human body sans skin. It highlights a muscle or group of muscles and then shows you an exercise that you can use to work that specific muscle. There usually isn't much more detail than that. Text is minimal. This book is at its basics a book version of those posters. However this book goes much, much further. The caricatures for individual muscles and muscle groups in this book usually have multiple exercise options. Text in this book explains in detail how to properly perform the exercise.

I owned the first edition of Strength Training Anatomy (blue cover) for nearly 15 years and I've been recommending this book to my clients for that long as well. I decided to pick up the new 3rd edition (red cover) to update my library and also to write this review. This book's concept and contents have been imitated many times, but Delavier's is the original and the best. In a nutshell, Strength Training Anatomy is a book of expertly drawn illustrations of the human body (over 600) performing weight training exercises. The primary muscles being worked are colored in red and clearly labeled. The bones, muscle fibers and muscular attachments are also beautifully illustrated. The book is divided into seven sections: Arms, Shoulders, Chest, Back, Legs, Buttocks and Abdomen. No space is wasted with introductions - the book jumps right into arms in the opening pages. A page is devoted to each exercise, and a small amount of text accompanies each illustration, explaining proper form and giving additional tips or precautions. Sidebars show exercise variations, start and finish positions and additional details (such as deep muscle anatomy with the exact muscle tendon insertions on the bone). The length is 192 pages, so it's not overwhelming - it's very digestible, yet it's also very thorough in terms of the number of exercises covered. All the major and important barbell and dumbbell exercises are included. In addition, you'll learn a variety of cable exercises and a handful of common and useful machine exercises. I don't think there's any reader from any demographic or experience level that won't benefit from owning this book.

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Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Puppy

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