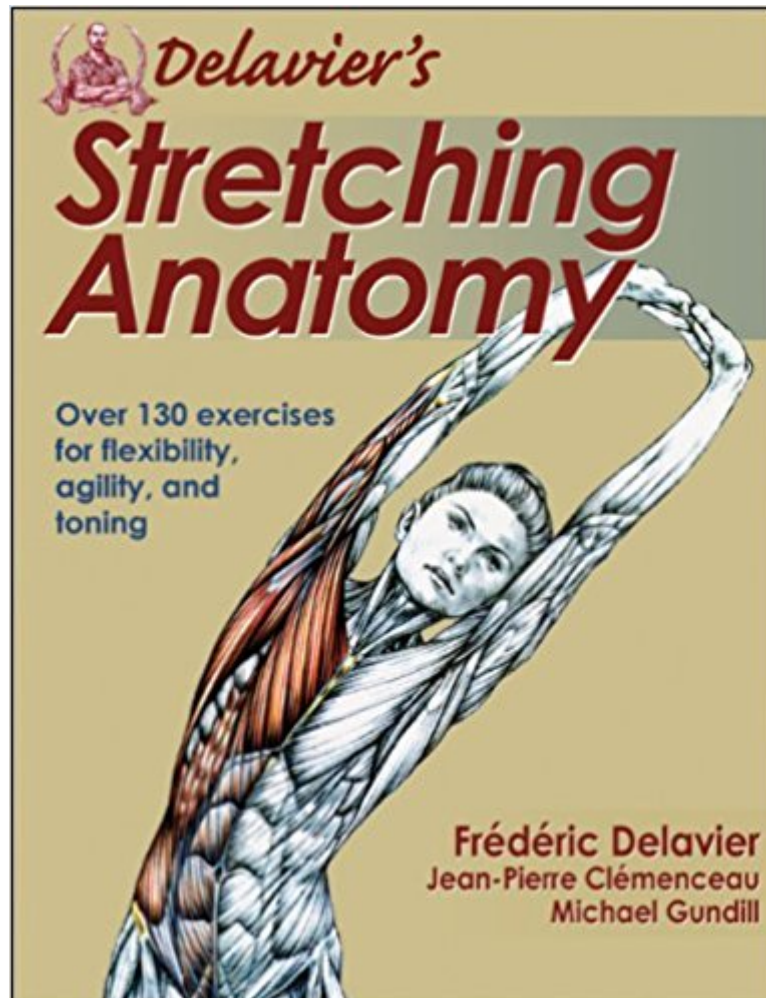




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# Delavier's Stretching Anatomy



## Synopsis

Get an inside view of the muscles in action during every stretch you perform! Delavier's™ Stretching Anatomy is your guide for increasing flexibility, improving range of motion, toning muscles, and relieving pain and discomfort. The very best stretches for shoulders, chest, arms, torso, back, hips, and legs are all here, and all in the stunning detail that only Frédéric Delavier can provide. With over 550 full-color photos and illustrations, you'll go inside more than 130 exercises to see how muscles interact with surrounding joints and skeletal structures and learn how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results. Delavier's™ Stretching Anatomy includes 13 proven programs for increasing muscle tone, releasing tension and stress, and optimizing training and performance in 13 sports, including running, cycling, basketball, soccer, golf, and track and field. 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.

## Book Information

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## Customer Reviews

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 Core Training 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.

Jean-Pierre Côté is a fitness coach to the stars and has trained numerous French celebrities using an approach based on positioning and breathing. Côté has worked with legendary actresses including an Academy Award winner Juliette Binoche (Chocolat, The English Patient, Three Colors: Blue, The Unbearable Lightness of Being), Charlotte Gainsbourg (Melancholia, The Science of Sleep, I'm Not There, 21 Grams, Elektra recording artist), Emmanuelle Béart (Mission: Impossible, Don Juan, Manon of the Spring), and Jane Birkin (Blow-Up, recording artist, muse to musicians John Barry & Serge Gainsbourg, and namesake for the Hermès Birkin bag). He is the author of over 15 health and fitness books as well as numerous exercise DVDs. He has a background in yoga, shiatsu, and reiki. 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.

Having purchased the strength-training book by the same author, I knew what to expect. Not every detail is here. For example, as pointed out by another reviewer, some of the more difficult muscles like the pec minor and the 4 muscles of the 'rotator cuff' are not detailed in this book. But if you think you will fix your messed up shoulders by stretching, well . . . maybe you can find a 'how-to' guide on shoulder surgery on YouTube.

Mobility is truly the secret to being active in your senior years (as in over 55). This book shows you

how to keep your muscles stretched and toned. This also helps with balance, which is the first thing to diminish as we age and decrease our activities. Since you can do as much or as little as you like, it is a great book for any age. Athletes as well as sedentary people will benefit from it.

Great book. I bought this after purchasing the workout book by Delavier. The anatomical illustrations are excellent, and the organization of the book helps you get a visual representation of where you are supposed to feel the muscle stretches. I was very happy with this purchase.

Great stretching book. As compared to others out there, this one stands out. I would highly recommend this to all.

Real good book.

found the detailed pictures of each muscle group being stretched exceedingly helpful. also the offerings of variety was also most helpful in creating a stretching regimen to supplement my daily training. not only will this keep me aware of potential harmful moves, it describes when and how to stretch I've used other books and earlier editions of Delavier's Anatomy books and will continue to do so. the different types of sports related stretching in the appendix is a great addition

I find the Delavier's books to be very information to understand how the body works and what each particular exercise targets. The diagrams could be from a anatomy textbook. Really outstanding.

Very informative-great for learning parts of the body and how to stretch

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Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Delavier's Stretching Anatomy Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Delavier's Women's Strength Training Anatomy Workouts Delavier's Core Training Anatomy Delavier's Mixed Martial Arts Anatomy Back Stretching - Back Strengthening And Stretching Exercises For Everyone Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game (golf instruction, back pain, golf books, golf) Stretching Anatomy-2nd Edition The Anatomy of

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