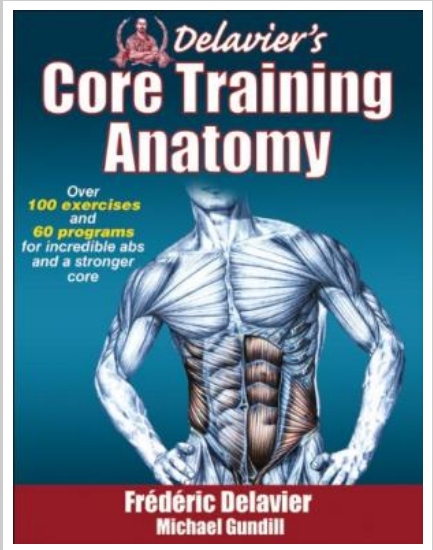

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Delaviers Core Training Anatomy

By Frederic Delavier

Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 144 pages. Dimensions: 9.9in. x 7.6in. x 0.7in.Delaviers Core Training Anatomy is your guide for increasing core strength, stability, flexibility, and tone. Whether youre just beginning your routine or looking to enhance an existing conditioning program, Delaviers Core Training Anatomy presents the most effective exercises and workouts for the results you want. Its all here, and all in the stunning detail that only Frdric Delavier can provide. With 460 full-color photos and illustrations, youll go inside over 100 exercises and 60 programs to see how muscles interact with surrounding joints and skeletal structures. Youll learn how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results. Delaviers Core Training Anatomy includes proven programming for sculpting your abs, reducing fat, improving cardiovascular health, and relieving low back discomfort. Targeted routines are presented for optimal training and performance in more than 20 sports, including running, cycling, basketball, soccer, and golf. The former editor in chief of PowerMag in France, author and illustrator Frdric Delavier is a journalist for Le Monde du Muscle and a contributor to Mens Health Germany and several other strength publications. His previous publications, Strength Training...

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