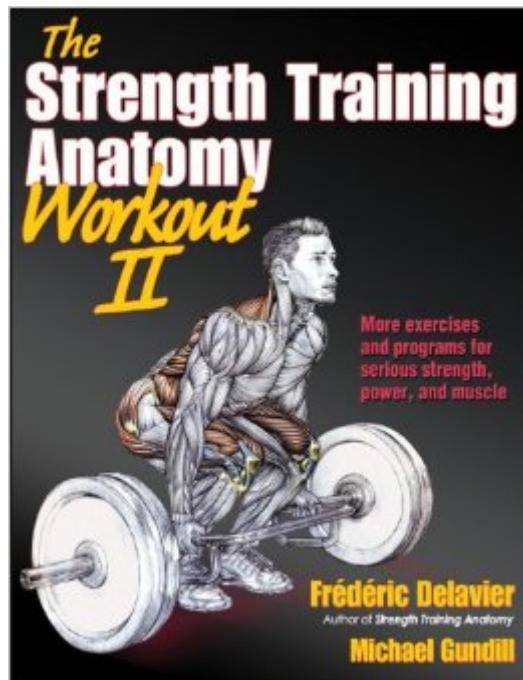


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# Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout)



## Synopsis

The anatomy of strength, size, and definition! Over 1 million readers have turned to Strength Training Anatomy for the most effective exercises in strength training. Now put those exercises to work for you with The Strength Training Anatomy Workout, Volume II. Over 500 full-color photos and 485 full-color illustrations allow you to go inside 60 exercises, 19 stretches, and 9 programmed workouts to see how muscles interact with surrounding joints and skeletal structures and how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results. The Strength Training Anatomy Workout, Volume II, is your guide to serious muscle development. Inside you'll learn the best exercises for building up and strengthening each muscle; how to determine weights, repetitions, and frequency; and strategies for accelerating recovery. The Strength Training Anatomy Workout, Volume II, includes proven programming for adding lean muscle mass, improving strength, and increasing power. Targeted workouts allow you to focus on specific muscle groups such as chest, biceps, triceps, quads, and core. It's all here and in all the stunning detail that only Frédéric Delavier can provide! 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 publication, Strength Training Anatomy, has sold more than 1 million copies. v

## Book Information

Series: The Strength Training Anatomy Workout

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Average Customer Review: 4.8 out of 5 stars (See all reviews) (131 customer reviews)

Best Sellers Rank: #20,416 in Books (See Top 100 in Books) #39 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #51 in Books > Sports & Outdoors > Coaching > Training & Conditioning #59 in Books > Medical Books > Basic Sciences > Physiology

## Customer Reviews

None of the reviews thus far have addressed how Strength Training Anatomy and the Strength Training Anatomy Workout books differ, so you might be wondering which one to buy. Strength Training Anatomy, 3rd Edition, is a reference book--it's got really cool drawings with tips for common techniques at the gym. It's no-nonsense and great for weight-lifters who have a great routine already but want to optimize it, or for the intellectual athlete who wants to gain a greater understanding of muscles in motion. The Strength Training Anatomy Workout will teach beginners how to start and athletes how to optimize strength for their sport. It goes into breathing techniques while lifting, how many sets and reps one should perform, how often to work out, etc. Delavier and Gundill have lots of drawings, pre-planned routines including those to supplement other sports, and succinct advice to get the most out of every technique. Important to note, it focuses on working out with weights and resistance bands and eschews gym equipment. If you want to work out at home, it's great, if you want to join a gym, you'll need Volume II. Strength Training Anatomy Workout Volume II will show you how to make the most of the gym if you want some serious strength training. It has many different routines, the low-down on all the equipment you'll find at the gym, great advice on optimizing every technique, and even more drawings to help guide you to excellent technique. This is the book to get if you want to get into body building. Overall, these books are great. Delavier and Gundill translate their extensive anatomy and weight-lifting knowledge into language anyone can understand and information is succinct so reading's a pleasure. Do they work? I gained 15 lbs in 6 months after having plateaued with my previous, self-made routine.

I just want to echo everyone else's glowing reviews of the book, with one caveat. This is NOT a second edition of the first book, as I have seen it described. The introduction explicitly states "In our previous book The Strength Training Anatomy Workout, we addressed the basic concerns of beginners in strength training: How many times should you work out each week? How many times should you work each muscle? How long should your workouts take, and how long should you exercise? How many sets, exercises and repetitions should you do? And we showed you how to design personalized strength training programs to best meet your individual needs. This second book does not revisit any of those basic issues." So if you're just starting out or wanting an introduction to the technical side of strength training, I would start with The Strength Training Anatomy 1 (with the blue cover). This book is still an excellent read, however, so be sure to pick it up once you feel ready to move onto more advanced studies.

Wow. I don't know what I was expecting when I requested this book. I had originally requested it

thinking I was just going to hand it over to my boyfriend, let him work with it and then review it from his experiences. (I'm not a strength trainee by any means and abhor gyms with a passion - I go the meditation/yoga route.) But this book is nothing short of awesome. Full colour pages, descriptive workouts (even loads of plans for beginners, all the way up to advanced workouts), photos everywhere and these AWESOME illustrations that show what each type of exercise technique is working on - displaying muscle tissue, bones, impact; honestly, this is a miniature, useful lesson in anatomy. Each workout appraises you of the advantages, disadvantages, risks and provides you with handy safety tips scattered throughout the book. Highly recommended for everyone who goes to the gym or has workout sessions at home...or even just for those of us who are artists (like me) looking for a 'different' type of anatomy book to peruse. It really is an invaluable resource.

This is a major addition to the original Strength Training Anatomy book. This book is split into three parts. Part 1 is a pretty short part devoted to advanced techniques, while Part 2 is all about the exercises and the physiology behind the exercises. This is not a how to book, but it does a very good job of illustrating the exercises and the major muscle groups being trained through fantastic color photographs and detailed drawings of the muscles affected in cut away views etc. Part 3 is a short section on how to strengthen weak areas. The book is very much concentrated on the musclehead kind of exercises, i.e. it does not really address anything that has anything to do with working out muscle groups in conjunction with one another. The emphasis is on building up individual muscles and obtaining the lean body builder look and mass. Definition is the key. I wish that the authors would go into detail for the Olympic weight exercises, and show how the various muscle groups work in conjunctions and where one muscle group takes over from another and where the chain of muscular transfer happens. But that was never the intent of the series. It was to show how each large muscle group works, how to build them up and give the reader an idea as to how it all works. This is an admirable book, it must have taken an immense effort to represent all the exercises and muscles in pictorial form. The book is incredibly thorough and quite informative for those who want to understand what they are doing without going headlong into the complete physiological and bio-mechanical studies.

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