

[PDF] Women's Strength Training Anatomy

Frederic Delavier - pdf download free book

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About the Author

The former editor in chief of the French magazine *PowerMag*, **Frédéric 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*.

Author and illustrator of the best-selling *Strength Training Anatomy*, Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at

the prestigious Ecole des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine.

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.

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