



The Strength Training Anatomy Workout II: Building Strength and Power with Free Weights and Machines

Frédéric Delavier

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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 Fr'd'ric Delavier can provide!

The former editor in chief of *PowerMag* in France, author and illustrator Fr'd'ric 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.

The Strength Training Anatomy Workout II: Building Strength and Power with Free Weights and Machines Details

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From Reader Review The Strength Training Anatomy Workout II: Building Strength and Power with Free Weights and Machines for online ebook

Salem Hassan says

amazing

Stephen Cranney says

A pet peeve of mine is when exercise books don't cite their sources or connect their information to actual research. This book is one of the few that actually does. There's so much research out there I don't see why it isn't used more in popular press books.

Pete Wung says

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 wants to understanding what they are doing without going headlong into the complete physiological and bio-mechanical studies.

Matthew Ottewell says

It is unfortunate that this book is separate from the first...they should be one volume. I understand practically why it is labeled as "strength training" instead of "strength and/or hypertrophy training," but the distinction

should be made.

Geared towards the advanced lifter, a novice might get scared off of weight lifting reading this. A healthy portion of the text deals with alarming warnings of impingements, imbalances, tears, and inevitable inflammation without specific training progressions. Apparently if I do not end every workout with the likes of an inversion table I am going to be an inch shorter in a year. I say that somewhat in jest.

Despite that, the book is amazing for its technical detail. It is exceedingly good at convincing stubborn lifters to attack lagging body parts, and explaining why some gym equipment is dangerous given specific morphologies. Every PT should read this.

Smeg says

Absolutely brilliant. These are the best training guides for beginners through to professionals. The information is simple, thorough and relevant. I have been doing strength training for 15 years. I still refer back to this book regularly and always make significant gains when I put the information specific to me into practice. After a two year break from the gym, I started back with these books and after twelve months of training I am already benching freeweight of 20 kilo (50 pound) MORE than my bodyweight without any structural issues. And I'm a girl!

Calum Shaw says

Interesting, informative, good illustrations, I don't agree with a lot of the variations they offer, as they tend to put the body in a compromised position. Would not recommend for anyone with an injury, but for anyone with healthy joints and muscles it's a fantastic reference.
