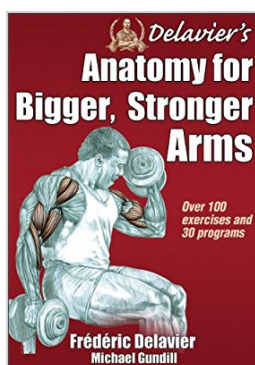


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Delavier's Anatomy for Bigger, Stronger Arms

By Frederic Delavier, Michael Gundill

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Delavier's Anatomy for Bigger, Stronger Arms By Frederic Delavier, Michael Gundill

Delavier's Anatomy for Bigger, Stronger Arms is your guide to the massive biceps, triceps, and forearms you've always wanted.

Over 330 full-color photos and 130 anatomical illustrations allow you to go inside more than 100 exercises to see how muscles interact with surrounding joints and skeletal structures and how variations, progressions, and sequencing can isolate specific muscles to help you achieve targeted results. It's like having an X-ray of each exercise!

Delavier's Anatomy for Bigger, Stronger Arms includes over 30 proven programs for strength, size, and sport performance. You'll also learn the most effective exercises for your goals; how to determine weight, repetition, and frequency; how to prevent tendinitis, muscle tears, and forearm and wrist pain; and strategies for varying your routine to ensure constant gains and optimal results.

Whether you're looking to quickly increase the size of your biceps or correct imbalances between the heads of your triceps, *Delavier's Anatomy for Bigger, Stronger Arms* provides serious training for serious results. 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 publications, *Strength Training Anatomy* and *Women's Strength Training Anatomy*, have sold more than 2 million copies.

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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*, *The Strength Training Anatomy Workout II*, *Delavier's Core Training Anatomy*, and *Delavier's Stretching 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.

Michael Gundill has written 13 books on strength training, sport nutrition, and health. He coauthored *The Strength Training Anatomy Workout*, *The Strength Training Anatomy Workout II*, *Delavier's Core Training Anatomy*, and *Delavier's Stretching Anatomy*. 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.

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