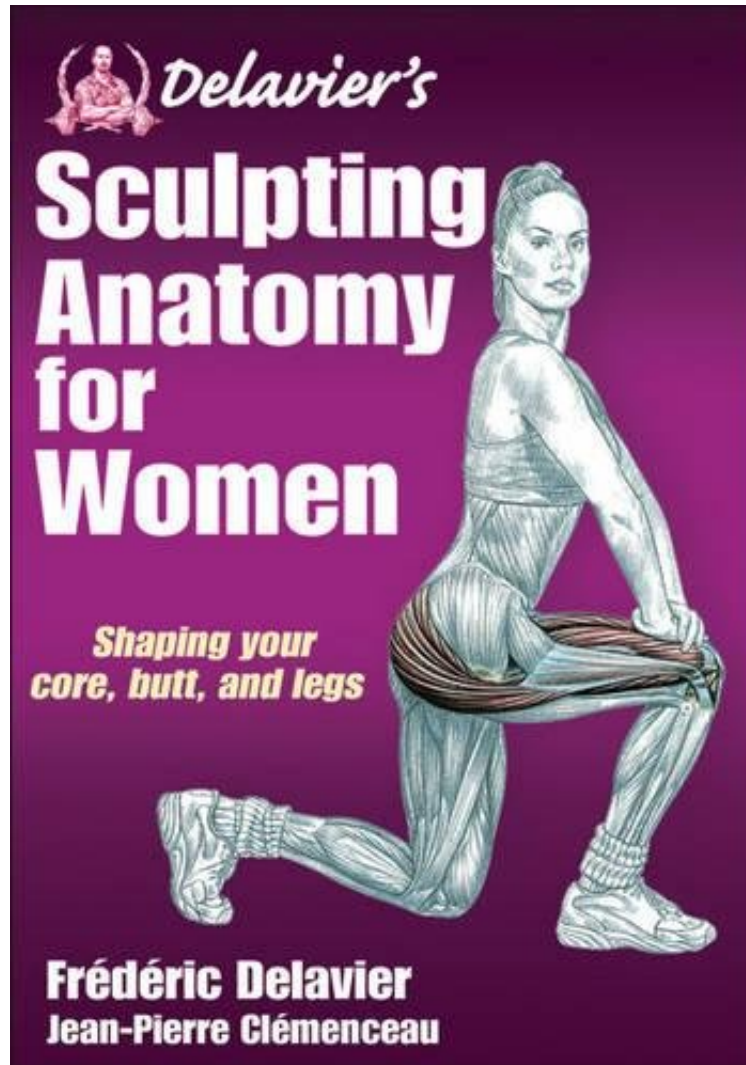


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Delavier's Sculpting Anatomy for Women: Shaping your core, butt, and legs

Frederic Delavier, Jean-Pierre Clemenceau
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Frederic Delavier, Jean-Pierre Clemenceau : Delavier's Sculpting Anatomy for Women: Shaping your core, butt, and legs before purchasing it in order to gauge whether or not it would be worth my time, and all praised Delavier's Sculpting Anatomy for Women: Shaping your core, butt, and legs:

Get an inside view of muscles in action. Like having an X-ray as you work out, Delaviers Sculpting Anatomy for Women features full-color photos and detailed anatomical illustrations of exercises for slimming, shaping, and toning

the core, butt, and legs. Whether you're looking to eliminate love handles, tighten your glutes, or add definition to your legs, Delaviers Sculpting Anatomy for Women presents the exercises, programming, and advice for the results you want. It's all here and all in the stunning detail that only Frdric Delavier can provide! Step-by-step instructions work in tandem with the anatomical illustrations to ensure clear understanding of how to maximize the efficiency and effectiveness of each exercise. You'll see how muscles interact with surrounding joints and skeletal structures and learn how variations can make each exercise easier or more intense. Delaviers Sculpting Anatomy for Women also includes nutrition recommendations; breathing techniques; and a customizable program for toning, strengthening, and sculpting your abs, glutes, and legs in just 90 days! 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 Anatomy and Womens Strength Training Anatomy, have sold more than 2 million copies.